THE SATURDAY EVENING POST

Founded A.D. 1728 by Benj. Franklin

Nov./Dec.'90 $2.25

"Pump Up with Arnold" Fitness Fair

High-Fiber, Low-Fat Holiday Baking

Nashville Christmas

Festive Turkey Recipes

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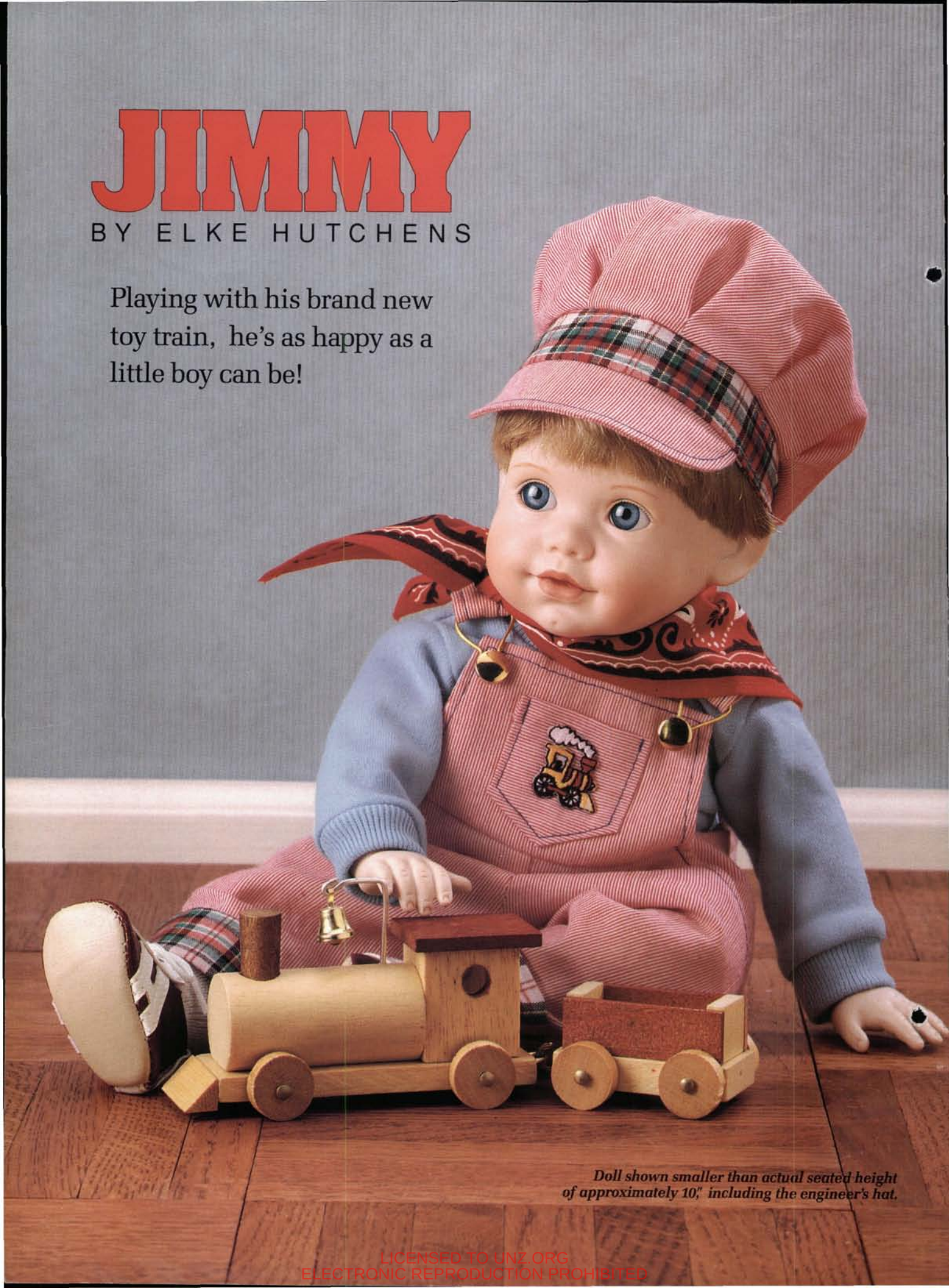
JIMMY

BY ELKE HUTCHENS

Playing with his brand new toy train, he's as happy as a little boy can be!



Doll shown smaller than actual seated height of approximately 10", including the engineer's hat.

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By special arrangement with Reader's Digest and America's leading record companies we proudly present one of the most beautiful and needed music treasuries ever made. Yes! You get 50 of America's favorite stars and groups singing your all-time favorite songs of faith.

Your spirits will soar as you hear each of these famous stars sing of the joy and comfort they've found in God's love. Every song is a cherished favorite and every performer is one you know and love. Just read the list of classic hymns and gospel songs below.

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Perry Como

In The Garden
Loretta Lynn

Take My Hand, Precious Lord
Eddy Arnold

Wings Of A Dove
Dolly Parton

I Love To Tell The Story
Pat Boone

Me and Jesus
Tammy Wynette & George Jones

Abide With Me
Don Hustad Chorale

He Touched Me
Bill Gaither Trio

Nearer My God To Thee
Jack Halloran Male Chorus

Great Speckled Bird
Roy Acuff

I'll Fly Away
Charley Pride

Standing On The Promises
Johnson Family

Church In The Wildwood
Mike Curb Congregation

When They Ring Those Golden Bells
David Houston

Lily Of The Valley
Wayne Newton

Blessed Assurance
George Beverly Shea

In The Sweet By and By
Johnny Cash

Amazing Grace
Willie Nelson

One Day At A Time
Cristy Lane

May The Good Lord Bless And Keep You
Kate Smith

Sweet Hour Of Prayer
Jim Nabors

The Bible Tells Me So
Roy Rogers and Dale Evans

When The Roll Is Called Up Yonder
Marty Robbins

The Family That Prays
Porter Wagoner

I Need Thee Every Hour
Scott Singers

What A Friend We Have In Jesus
Norma Zimmer & Jim Roberts

Precious Memories
Jimmy Dean

Beautiful Isle of Somewhere
The Three Suns

How Great Thou Art
Jim Roberts

Brighten The Corner
Anita Kerr

Rock Of Ages
B.J. Thomas

Old Rugged Cross
Ray Price

Family Bible
George Jones

Jesus Loves Me
Tennessee Ernie Ford

Peace In The Valley
Floyd Cramer

Will The Circle Be Unbroken
The Carter Family

Beyond The Sunset
Red Foley

Crying In The Chapel
Elvis Presley

I Saw The Light
Hank Williams, Sr.

Jesus Is Coming Soon
Oak Ridge Boys

Softly and Tenderly
Guy & Raina

A Beautiful Life
Statler Brothers

Swing Low, Sweet Chariot
Doris Ackers

Whispering Hope
The Browns

Someone To Care
Jimmie Davis

Bringing In The Sheaves
Burl Ives

Help Me
Larry Gatlin

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Anita Bryant

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Arnold Leads the Way—to healthier children through a campaign to put exercise back in school. **50**

Let's Talk Turkey—and discover tempting new twists on America's favorite feast. **18**

The Eternal Madonna—is beautifully portrayed by master artists in readily framable prints. **46**

A Christmas Wish—to our troops overseas as they face the holidays apart from family and friends. **68**

THE SATURDAY EVENING POST

Founded A.D. 1728

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YOUR NEXT TRIP TO THE STORE COULD ALSO BE A TRIP DOWN MEMORY LANE.

¶ While you may not find many general stores like this anymore, fortunately you can still enjoy great tasting coffee. Introducing Maxwell House® 1892™ Slow Roasted Coffee–a blend inspired by the good old days and made that way too.

¶ Back then everybody took the time to slow roast their coffee. However, the art of slow-roasting is, sadly, an all but forgotten one. The truth is slow-roasting is the traditional way to bring out the full flavor and aroma of high grade coffee beans. It is time well spent, though, as the result is an uncommonly good cup of coffee–one that is both lusty and satisfying without being bitter.

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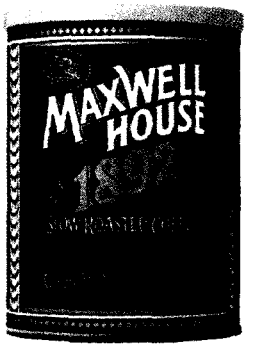

¶ Next time you are shopping pick up a can of 1892™ Coffee and try it for yourself.

¶ And even though it probably will come from a supermarket, the taste just might bring back memories of stores like the one above.

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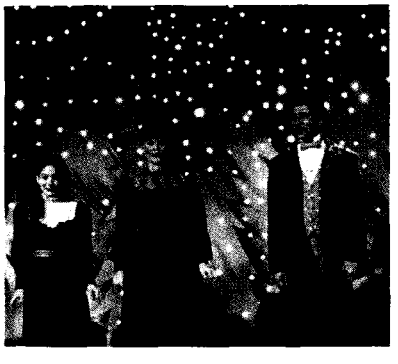
Guilt-Free Baking—is no mystery when you know the basics of heart-healthy, low-fat recipes. **26**

A Christmas Tale—celebrating a boy, a surprise party, and the unique joys of giving. **42**



A Country Christmas in Nashville—welcomes "you all" to share the spirit of the South during the holiday season. **82**

Sunday Nights at Seven—a new book, brings back fond memories of Jack Benny. **32**

Letters

Recipes "Well Done"

What a pleasant surprise to read in your July/August '90 magazine by Habeeb Salloum some recipes from the Middle East. I believe I speak for the approximately 3 million people of Arabic descent—"Arab-Americans"—when I say, "Well done." My immigrant father from Lebanon, widowed in the Great Depression of the '30s, made stuffed cabbage with the grape leaves along with homemade Lebanese pocket bread almost weekly to feed his ten orphaned children. This article sure has brought to our family, as well as to many Arab-Americans, a great feeling.

Donald E. Tenns
Sacramento, California

Hold the Wine

I am delighted with *The Saturday Evening Post* and read every issue from cover to cover.

I commend your stand against cigarettes and the fact that you carry no cigarette advertising.

The one thing you do that I feel is very inconsistent is to print recipes that use cooking alcohol or wine. Whether it evaporates fully or not, the use of these products supports the liquor industry and adds its bit to making liquor an acceptable product.

In May my three grandchildren, 18, 15, and 6, were nearly killed by a man who was DWI with no insurance. His only loss was his automobile; he was not hurt.

Two of the grandchildren were not seriously injured, thanks to seat belts. The third child, even with his seatbelt on, carries for the rest of his life some 18 to 20 inches of scars on his body, 5 of those on his face.

My daughter and her husband have over $33,000 in medical and hospital bills not covered entirely by their uninsured driver and Champus insurance policies.

Their paid-for automobile was destroyed. Through no fault of their own, now they are making payments on a car that was not in their budget plans for several years.

I could go on with more of the suffering and trauma to these children and our family.

This letter is to protest the use of alcohol in any form. Any user can at

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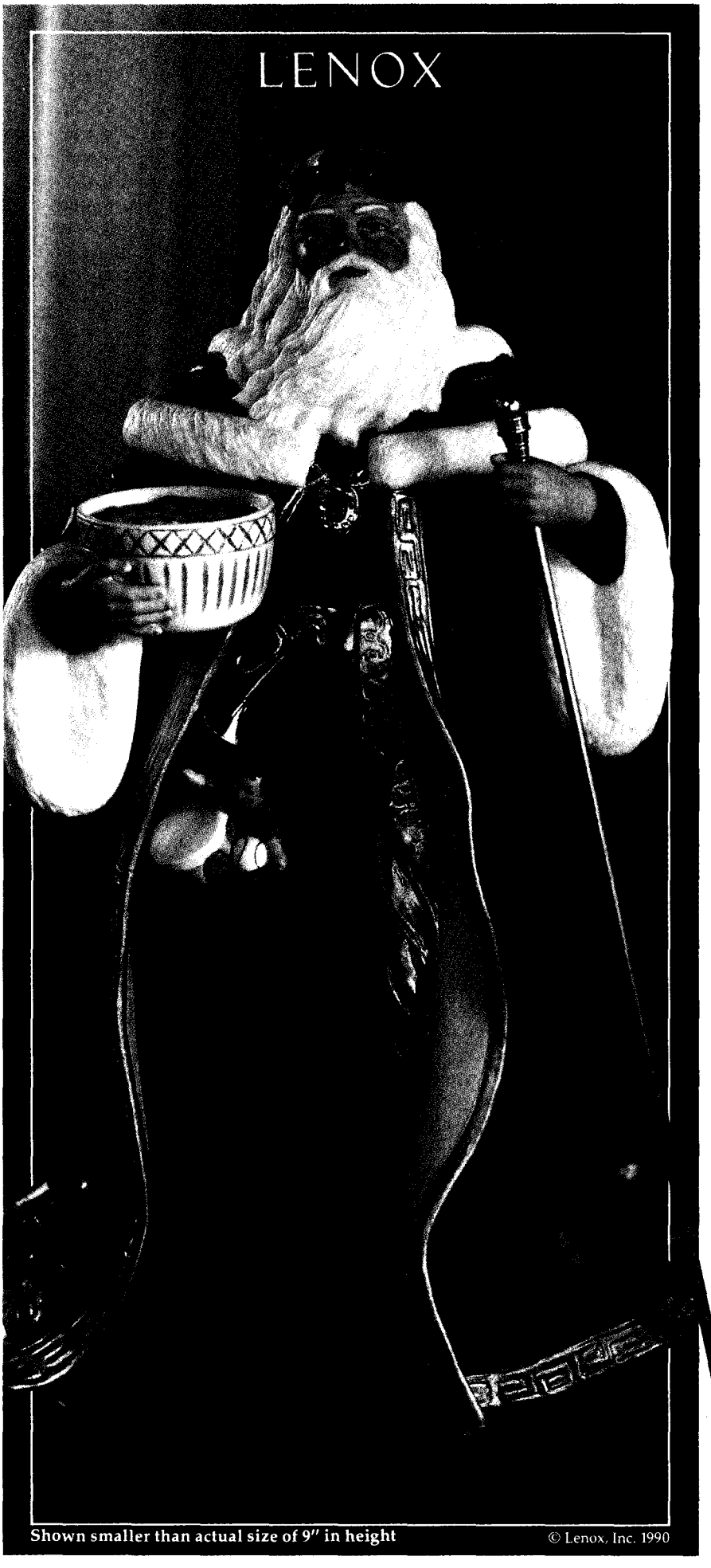

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© Lenox, Inc. 1990

A new masterwork captures the joyous spirit of an old English Christmas...

Father Christmas

The Old World's legendary symbol of the season, portrayed in a Lenox original of fine porcelain and gold

He is the grand and glorious spirit of an old-fashioned English Yuletide. In his billowing red robes and holly crown, jolly Father Christmas brings joy and glad tidings to all.

Now, Lenox has captured the old-world charm of this legendary figure in *Father Christmas*, a new work of art filled with all the magic of a timeless tradition.

This fine porcelain sculpture authentically portrays *Father Christmas* on his annual journey from house to house. Bearing gifts for children and a wassail bowl, he is the shining promise of festive holiday times, brought to life in meticulously hand-painted porcelain.

His walking staff is handcrafted of gleaming brass. Precious gold is lavished on his robes. And this fine imported sculpture also bears the prized Lenox® trademark in pure 24 karat gold.

Father Christmas will long be treasured for its superb artistry and spirit of celebration. To acquire this impressive new sculpture, simply complete and mail the reservation below by December 31st. Send no money now. 575936

Please mail by December 31, 1990.

Please enter my reservation for *Father Christmas*, an original work of art from Lenox, to be crafted for me in fine bisque porcelain, richly hand-painted and embellished with gold.

I need send no money now. I will be billed in eight monthly installments of $17* each.

Name _____
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Address _____

City _____ State ____ Zip _____
575936

☐ Check here if you prefer to have one charge of $136* applied to your:
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☐ American Express

Acct. No. _____ Exp. _____

Signature _____

*Plus $4.25 per sculpture for shipping and handling. Sales tax will be billed if applicable.

Mail to: Lenox Collections
P.O. Box 3020, Langhorne, PA 19093-0620

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any time be more under the influence than expected! The results can be devastating.

- P.S. The drunk driver has not yet been brought to trial.

Name withheld
Mercedes, Texas

A Breath of Fresh Air

I've just recently picked up your magazine to read, and it is not at all what I had expected.

My mother-in-law gave me a few issues to look through because she knows I like to read interesting articles, but to be honest with you, I didn't even open it up for a few days. I figured yours to be a magazine with similar features of a large city newspaper—boring and depressing world news that a person gets tired of reading about. But to my surprise, your magazine is a breath of fresh air! I found stories that were of interest to me, such as "What Happens When I Die?" (July/Aug. '90) and "Would You Sell Cigarettes to Children?" (Sept. '90).

Maybe because of your name, *The Saturday Evening Post*, I thought you to be similar to a newspaper, but am I ever glad I was wrong! As soon as I opened your magazine to the contents page, I knew this was going to be one I was going to read from cover to cover and enjoy completely. I was not disappointed! In fact, when I got to the page of "Can You Name This Picture?" I was in the spirit, and I thought up a limerick about you:

The Saturday Evening Post
Is a great magazine with the most
Interesting stories
For all categories
Of people from coast to coast.

Ellen J. Rofkar
Port Clinton, Ohio

Chemist Knows

I read with interest your "editor's note" concerning the use of wine in cooking. However, I do have to respond to one of your statements. "Flaming a dish actually burns off vapors, leaving a higher amount of alcohol." You are correct in saying the vapors burn off, but I doubt that the amount of alcohol increases. I fail to see how the burning of fuel vapors can increase the amount of the fuel. If this is possible then the chefs of the world have unknowingly been keeping the solution to the world's energy problems on the back burner.

Rudy Gerlach, Ph.D., C.E.T.
Department of Chemistry
Muskingum College
New Concord, Ohio

Inspirational Thoughts Needed

I was delighted to read in the September issue of *The Saturday Evening Post* the acknowledgement that was given to Max Ehrmann, the author of "Desiderata." So many different, incorrect statements have been published about this.

My late parents were acquaintances of Max's. A few years ago I bought from Crescendo Publishing Company a copy of *The Poems of Max Ehrmann*, edited by Bertha K. Ehramm (his wife).

In years past, false credit was given to Adlai Stevenson as a copy of "Desiderata" was found in his briefcase. He had copies printed which he had planned to give to his friends. This information is printed on the fly front of the book.

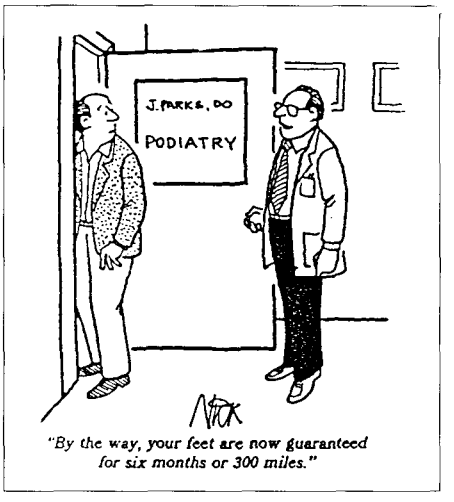
We need to read more of inspirational thoughts in our day and time.

Lavauda S. Branch
McKinney, Texas

Initially Wrong

In the Sept. '90 issue of the *Post*, you had a cartoon showing a podiatrist standing at the door of his office and telling a patient that his feet "were good for six months or 300 miles."

I thought it was funny and sent it on to my podiatrist, who enjoyed it



too. However, he had one comment: The initials shown after the doctor's name on the door of his office were incorrect. A podiatrist is a "D.P.M."; he gave me one of his business cards (enclosed) to support his statement.

Anna R. Schwartz
Bronxville, New York

Cigarette Stand

I enjoy your magazine very much, and I am very grateful for your reply to the one who said she was quitting her subscription "because you don't advertise cigarettes."

I just hope and pray that many more would take the stand that you have taken. If people would only forget about money. There are some things in life that money cannot buy, which are more important!

Thanks again, and please keep up the good work!

Ezra Mill
Glendive, Montana

I just wanted you and your staff to know that I had deliberately decided not to renew my subscription. It had nothing to do with the magazine, for I think it is excellent. The problem was mine. I simply have too much "must" reading that will not fit into my available time. And my interests are so wide and varied that I subscribe to many publications. Probably

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Share in America's Great Advertising Traditions.

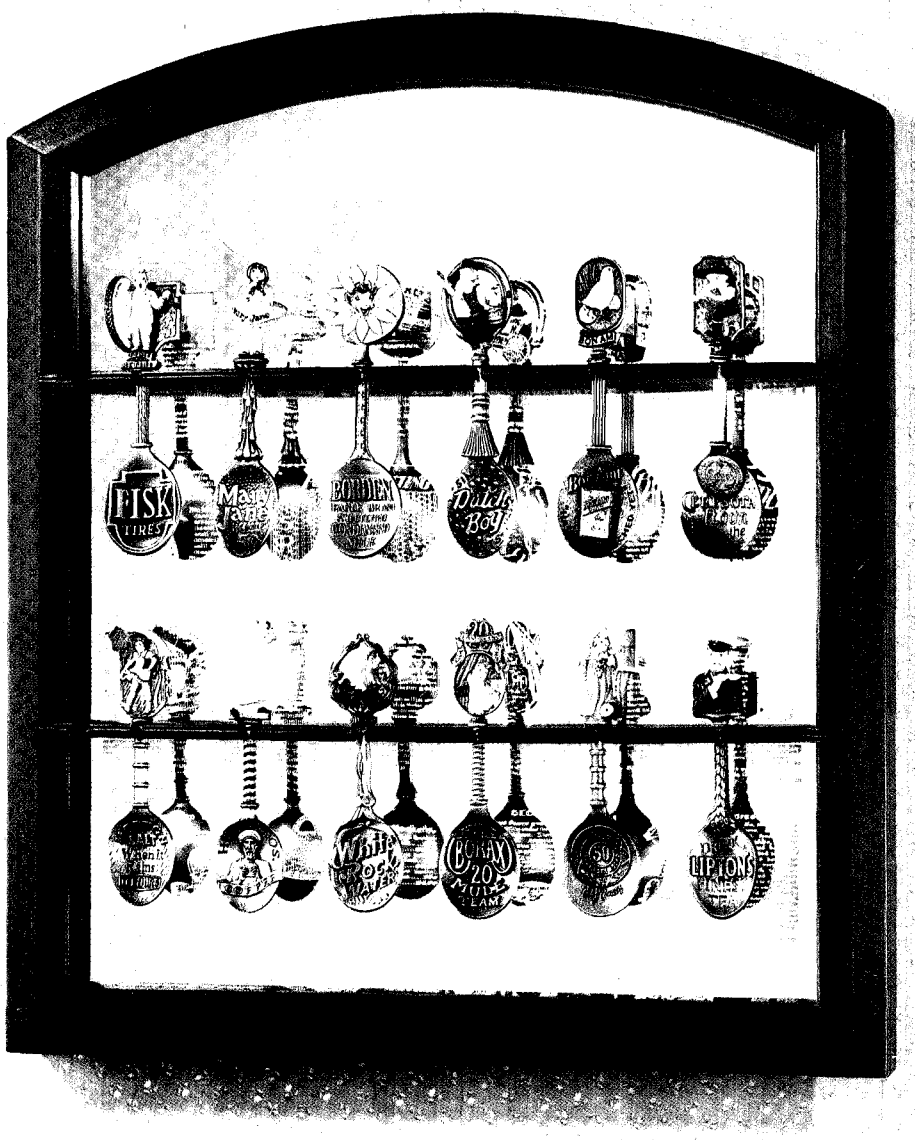
They were a dynamic part of our American culture. Celebrated trademarks of yesteryear that captured the imagination of millions — and sparked their appetite for exciting new products.

Now you can own these treasured symbols in a prized art form — authentic collector spoons. Each one intricately sculptured in solid pewter and meticulously painted by hand to portray the famous mark it symbolizes. And each one *officially endorsed and authenticated* by the company represented.

There are twelve fascinating spoons in all. Elsie the Cow. The yawning Fisk Tire boy. The little yellow Bon Ami chick. The urbane Sir Thomas Lipton...and more. Each captured in intricate hand-painted detail...remarkable right down to the tiny bristles on the Dutch Boy's paint brush.

Each spoon is accompanied by a specially written commentary about the famous company behind the advertising. And to showcase your complete collection, the handsome *mirrored wall display* will be provided at no additional charge.

Your original sculptured pewter spoons will be sent one every other month. The price is $37.50 per spoon. And the imported collection is available *exclusively* from The Franklin Mint.



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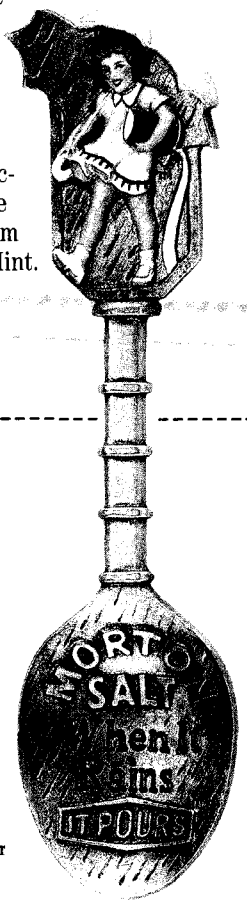

Spoon shown smaller than actual size of 5" in height.

© 1990 FM

Introduced in 1914, the little girl with the umbrella made Morton Salt a household word all over America.

The Franklin Mint
Franklin Center, Pennsylvania 19091

Please enter my subscription to The Country Store Spoons collection, consisting of twelve hand-painted pewter collector's spoons depicting the advertising art of yesteryear, to be sent to me at the rate of one every other month. A mirrored wall display will be included as part of the collection at no additional charge.

I need send no money now. I will be billed for each spoon in two equal monthly installments of $18.75,* beginning when it is ready to be sent to me.

**Plus my state sales tax and a total of $1.95 for shipping and handling.*

Please mail by December 31, 1990.

SIGNATURE _____
ALL SUBSCRIPTIONS ARE SUBJECT TO ACCEPTANCE.

MR/MRS/MISS _____
PLEASE PRINT CLEARLY.

ADDRESS _____

CITY _____

STATE/ZIP _____

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The Country Store Spoons Collection in Hand-Painted Pewter.

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Advertisement

Hearing Loss Is Not A Sign Of Old Age.

Chicago, Ill.—A free offer of special interest to those who hear but do not understand words has been announced by Beltone. A non-operating model of the most popular canal hearing aid in America today will be given absolutely free to anyone who sends for this free model now.

Send for this model, it will show you how tiny hearing help can be. It is not a real hearing aid and it's yours to keep free. The actual aid weighs less than an eighth of an ounce, and it fits completely into the ear canal.

These models are free, so we suggest you write for yours now. Again, we repeat, there is no cost, and certainly no obligation. All hearing problems are not alike and some cannot be helped by a hearing aid but many can. So, send for your free model now. Thousands have already been mailed, so be sure to send your name, address and phone number today to Dept. 14882, Beltone Electronics, 4201 West Victoria Street, Chicago, Illinois 60646.

In California, your local authorized Beltone dispenser may call.

©1990, Beltone Electronics Corporation

75 percent go unread, and I decided I must cut back on at least 50 percent of them. I have very "judiciously" made a list and selected those I felt I must continue. The cuts were severe. *Life, Time, The Saturday Evening Post* were among them.

But that has changed. I have decided to continue with the *Post* for at least one more year. This decision is due to a letter in one of your recent issues, from a Mrs. T. R. Anderson of Louisville, Kentucky. She announced that she was not renewing her subscription because "you don't advertise cigarettes," which I think is a stupid reason. But that's her privilege. I really don't believe this is a sound basis for such a decision.

I was not aware that cigarette advertising was absent from your publication. On a frivilous whim, I have decided to at least offset this one person's decision. It's not really the basis for continuing a subscription, but I really didn't want to give up the magazine. Obviously, I was looking for an excuse.

Perhaps if every person in America who has ever had a meal ruined by a smoker; or who has ended up with smelly hair and clothes from being around smokers; or who has had a coughing, choking, eye-watering fit caused by a smoker would make the same decision I have, yours would be the most subscribed to magazine in America—maybe the world.

I'm not going to comment on the death and destruction caused by cigarettes. But I want to commend your Society for being courageous enough to take this position. I hope that Mrs. Anderson's letter has elicited from others a similar action as mine.

Leo W. Taylor
San Antonio, Texas

I liked your reply to Mrs. T. R. Anderson (didn't renew because you don't advertise cigarettes) so much that I am increasing my renewal from one to three years.

In recent years I have dropped subscriptions to all magazines that promote the use of health-destroying substances through their advertising policies. It will come as no surprise to you that the magazines I still receive are of the highest quality on the market, and enjoy the best circulation in the business.

Thank you, and keep it up.

Leo Fitzenreiter
Hornbeck, Louisiana

Ouch!

I cannot let your self-righteous, knee-jerk, juvenile response to Mrs. T. R. Anderson's letter in the September issue pass without comment.

Aside from the option of not publishing Mrs. Anderson's letter, there were a myriad of intelligent responses available, such as, "We are sorry to lose you as a reader, but we do not feel that it is in the best public interest to publish advertisements by cigarette manufacturers." Obviously, you only printed her letter so you could print your asinine reply.

As a health risk, smoking is on a par with overeating, alcohol abuse, and excessive sunbathing.

I say to those people who try to impose their views on others by taking away the individual's right to personal choices—beware! You could set dangerous precedents. Sooner or later someone will take away yours.

Please cancel my subscription, effective immediately.

Mrs. William J. Huchet
Sacramento, California

A Novel Comment

Thank you for printing the captivating story about Frank Peretti and his popular novels. He is a refreshing reminder to readers that good guys do not finish last. Hard work pays off.

The wholesome articles in your magazine are so encouraging!

Janet Richardson
Gainesville, Georgia

Correction

Editor's note: The address given in the Sept. '90 Post *was in error. The correct address for the Rice Council is P.O. Box 740121, Houston, TX 77274 Enclose a self-addressed, stamped envelope. We are very sorry for any inconvenience to our readers.*

Tobacco Questions

I have just finished reading your September '90 issue—the article about Dr. Louis Sullivan's opinion of cigarette smoking and the article about selling cigarettes to children. I never see an article about where all the tobacco comes from.

I understand that our government allows only a certain number of acres of tobacco to be planted—always the same fields and growers. I've been told that ex-president Carter grows a great deal of tobacco, and that the growers are subsidized by the government. Is this true?

My family was brought up to not use tobacco, and none of us did. I can't understand how Carter, a "born-again Christian," can grow something that has such bad health effects.

We spend a great deal of money eradicating marijuana plants. But nothing is ever said about eradicating the tobacco, although a great deal is written about it.

I would like to see an article in your magazine about the production of tobacco and government limitations and subsidies, if any.

Louise M. Perkins
Berrien Springs, Michigan

Better Than Ever

During my young adult life I always read *The Saturday Evening Post*, but during my middle life I became a career woman and neglected reading some of the best literature—such as the *Post*.

Recently I subscribed to your magazine after a long lapse. It is even better now than it was during my

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The 1957 Chevrolet Bel Air

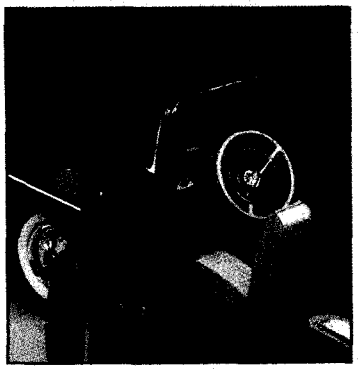
Model shown smaller than 8½" actual length.

A Meticulously Engineered Die-cast Metal Replica of One of America's Greatest Cars.

It was the last of the classic Chevrolets...the most desirable American car of the 1950's...the 1957 Chevrolet Bel Air.

For many Americans, some of their most memorable times were spent in or near this car. Known for its dazzling style, elegant engineering, and brute power, the '57 Chevy embodies the spirit and enthusiasm of the 1950's.

Now, you can own a remarkably detailed replica of this fabled classic car.



Both doors open smoothly, as does the hood. The front wheels turn with the steering wheel.

Hand-assembled...even hand-waxed!

Over 150 scale parts go into the making of this highly authentic replica in the large 1:24 scale. All the important components — the body, chassis, drivetrain and engine block — are crafted in metal.

Each metal part is polished before painting. Every single component is inspected before the replica is assembled by hand. When at last a replica is complete, it is hand-waxed before being released for shipment.

Available only from the Danbury Mint.

This extraordinary replica is available exclusively from the Danbury Mint. It is not being sold in stores.

Send no money now. Simply return the Reservation Application. The price of $88.50 is payable in three monthly installments of $29.50 each. If you wish, you may charge your installments to a major credit card.

Reservations are being accepted on a strict first-come, first-served basis. To avoid disappointment, please mail your reservation today.

RESERVATION APPLICATION

The 1957 Chevrolet Bel Air

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please return promptly.

Please accept my Reservation Application for the *1957 Chevrolet Bel Air*. I need send no money now. I will pay in three monthly installments of $29.50 each,* the first in advance of shipment.

My satisfaction is guaranteed. If I am not satisfied with my replica, I may return it within 30 days of receipt for prompt replacement or refund.

**Plus any applicable sales tax and $1.25 shipping and handling.*

Name _____
PLEASE PRINT CLEARLY

Address _____

City/State _____ Zip _____

Check here if you want each monthly installment charged to your:

☐ MasterCard ☐ VISA
☐ American Express ☐ Discover

_____
Credit Card Number Expiration Date

Signature _____

Allow 4 to 6 weeks after initial payment for shipment.

N311

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early life (excluding the covers, which then were prints of Norman Rockwell's paintings).

I am an avid reader, and since my husband is in an advanced stage of Alzheimer's disease, I search for good reading that will stimulate my mind and spirit. Your magazine is excellent and has something for all adults. The humor, which we all need, is outstanding. Maynard Good Stoddard's "Wake Up, It's Time to Go to Bed" in the July/August '90 issue is a classic example.

I thoroughly enjoy the diversified subject matters which you incorporate in each issue—from recipes to world news. May you have another 262 years of success!

Mary D. Perkins
Nashville, Tennessee

Faces O.K.

My grandmother lived with us during my growing-up years, and the *SatEvePost* was her favorite magazine; therefore, I grew up with the *Post*. When I married over 50 years ago, I continued the tradition of subscribing to the *Post*.

In the September issue, Nellie Davis suggested that you carry cover pictures of wildlife rather than faces of famous people. To that I say, "Keep the faces!" We can go to the zoo and see wildlife, but these faces will not be with us forever.

Keep the faces coming.

Ruth Beavers
Ada, Oklahoma

Reminiscing

I agree with Nellie Davis of Puyallup, Washington, about the cover pictures. Why did you discontinue the Norman Rockwell pictures? I saved several when I was a youngster and still have them on my wall. I lost one that I remember and wish I could replace. It is about a small boy, standing in front of a pet store window, with tears running down his cheeks, taking his few prize possessions out

of his pockets, marbles, a top, and several other things, and putting them on the sidewalk while he is looking at a cute puppy in the window. The high price was on the back wall.

I always liked Norman Rockwell's pictures, but these five were my favorites that I kept. I wish I could replace the one I lost.

Arden C. Hughes
Roberts, Idaho

Editor's note: We are not familiar with the cover you described. Perhaps a reader will help us.

Pin Point

On the September 1990 cover, Dr. Louis Sullivan had a no-smoking pin that he was wearing on his jacket. Where can I get some of those pins?

I promote no smoking, and our hospital went smokefree, per Maine legislation, which is great. I also teach no-smoking classes. I have my own pin with a white background, but these are unavailable to me at the present time. I would like to get some of the type Dr. Sullivan has.

Bailey Johnson, R.N., B.S.N., C.C.R.N.
Ellsworth, Maine

Editor's note: Dr. Sullivan's no-smoking pin (red background) was a present to him. No-smoking pins (white background) with the international no-smoking symbol are available from Americans for Nonsmokers' Rights, 2530 San Pablo Ave., Suite J, Berkeley, CA 94702.

Moral of the Story

The story "Foolish Old Man" (May/June issue) is a real classic. I have used it in two nursing home settings, a senior citizen group, and I incorporated it into a sermon. Regardless of whether you come down on the side of Fred or daughter Kate, it has a message for everyone, and we would appreciate more stories like this one. The *Post* is one magazine read cover-to-cover at our house.

Lotus E. Troyer
Chenoa, Illinois

Words of Wisdom

"The Laughter Prescription" reminded me of what Solomon wrote many years ago: "A merry heart doeth good like a medicine; but a broken spirit drieth the bones."

Fred L. Battles
Hershey, Pennsylvania

From the White House

Dear Cory:

That was a great piece on "the minister of muscles," Schwarzenegger. He's doing a terrific job, and I was pleased to see your and Maynard Stoddard's feature story in the *Post*.

Warm regards.

Sincerely,
George Bush
THE PRESIDENT

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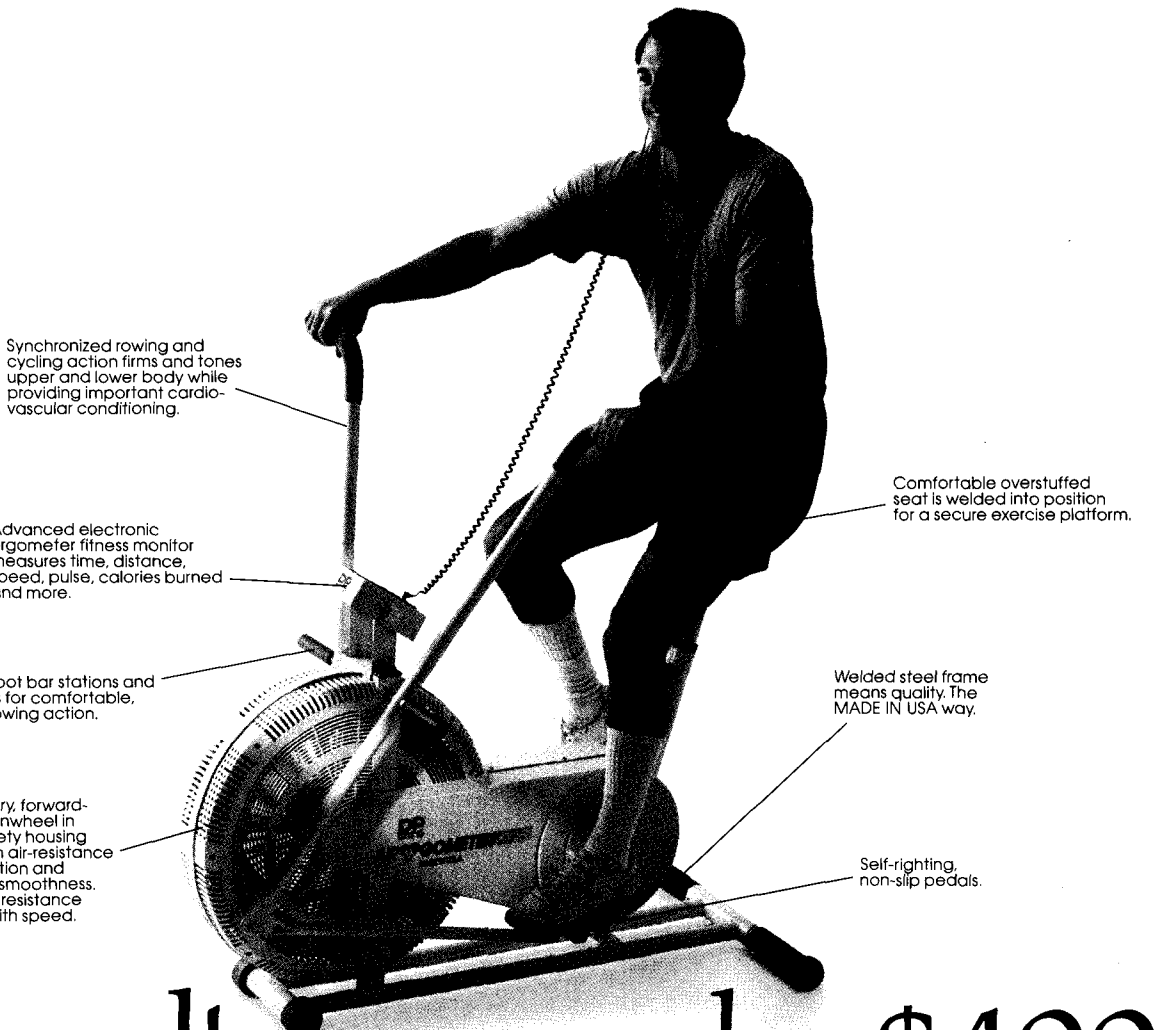
Excuses are a dime a dozen.

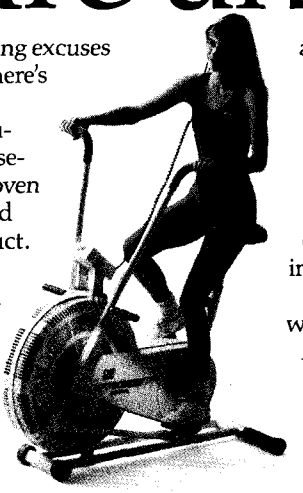

Synchronized rowing and cycling action firms and tones upper and lower body while providing important cardio-vascular conditioning.
Advanced electronic ergometer fitness monitor measures time, distance, speed, pulse, calories burned and more.
Padded foot bar stations and handgrips for comfortable, non-slip rowing action.
Revolutionary, forward-mounted fanwheel in durable safety housing operates on air-resistance for quiet action and unequaled smoothness. Variable air resistance increases with speed.
Comfortable overstuffed seat is welded into position for a secure exercise platform.
Welded steel frame means quality. The MADE IN USA way.
Self-righting, non-slip pedals.

Results are under $400.

Good news for Americans who are tired of making excuses for not being in better condition. Because now there's a machine that makes any excuse obsolete.

It's the DP AirGometer,™ meticulously manufactured and designed in America to be the excuse-proof exercise solution. In just over a year it's proven itself as the standard in air-resistance exercise and become the country's hottest home fitness product. In fact, the DP AirGometer is so popular that it inspires imitations, many of which have come and gone. Because quite simply, the DP AirGometer offers the best quality for the money.

Since it operates on the principle of variable air-resistance, the DP AirGometer provides no-impact exercise. Which means it conditions your entire cardiovascular system and tones muscles without doing damage to your joints. So you can achieve and maintain total fitness with a quick, at-home aerobic workout that tones and conditions your body—inside and out.



Following accepted principles of aerobic conditioning, work out on the AirGometer every other day. Use the digital ergometer to set goals and determine improvements in your fitness level. And in a matter of weeks you should see and feel results.

So if you're tired of dime-a-dozen excuses, why not replace them with exercise? Test-ride the AirGometer from DP. And discover how good it feels to be fit for life. Available where fine fitness equipment is sold.

DP® Fit for Life

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Post People

We *could* say that dancing with wolves is a hairy experience, but we won't. We *will* say that *Dancing with Wolves* is a fine new movie starring ***Kevin Costner*** to be released this fall by his own TIG Productions company.

In this unique story, Costner becomes a solitary soldier encountering the free and glorious world of the Sioux Indians. In 1863, Lt. John J. Dunbar, a Civil War hero and a romantic at heart, requests a transfer to the farthest frontier outpost. Here he explores the plains of the Dakota territory before it loses its purity.

Nature lovers, Civil War buffs, and fans of memorable movies will not want to miss *Dancing with Wolves*.

John Ritter a dreamer? Come on, now. You don't win an Emmy as well as Golden Globe and People's Choice awards by dreaming. But Ritter could very well be adding to these awards with his portrayal of L. Frank Baum in Hanna-Barbera Productions' *The Dreamer of Oz*, scheduled to air on NBC in December.

The movie depicts Baum's struggle to support his family and find his calling before writing one of the most successful children's books of all time —*The Wonderful Wizard of Oz*. With Annette O'Toole as Baum's supportive wife, and Rue McClanahan as his tough-minded mother-in-law, the movie might well become a holiday classic.

Can you imagine ***Arnold Schwarzenegger*** teaching a kindergarten class? Well, Imagine Film Entertainment could. And the muscleman's millions of fans have Universal Studios to thank for bringing the idea to the movie screen in *Kindergarten Cop*.

By what stretch of the imagination could the bishop of biceps become a teacher of five-year-olds? By putting him, a maverick policeman on the trail of a killer, in a most unlikely place—a kindergarten classroom. In the process, Schwarzenegger learns that chasing criminals isn't nearly as dangerous as facing these rambunctious students.

Scheduled for a Christmas release, *Kindergarten Cop* could rival the worldwide triumphs of *The Terminator*, *Twins*, and even *Total Recall*.

What is ***Angela Lansbury*** doing in Ireland? Looking for a murder to write about? Not this time. On vacation? Hardly. The multitalented actress is on location starring in *A Green Journey*—a poignant drama about a spinster schoolteacher who travels to Ireland to meet a man with whom she has fallen in love through their correspondence only to discover she has been misled.

It turns out there is an important part of his life he has neglected to reveal.

What happens then you'll have to ask the Oscar-nominated (three times), Tony-award-winning (four times) actress. Of course, you'd have to go to Ireland to do it. You might as well wait for the NBC telecast this fall.

Paul Newman has found the ideal way to spend more time with another famous entertainer, his wife, ***Joanne Woodward***. Their new Miramax film, *Mr. and Mrs. Bridge*, will be released during the Thanksgiving season.

Newman—a successful attorney rigid in his ideas—and Woodward—a wife devoted to her family—are exposed to new experiences when

they travel to Europe. Returning to Kansas at the outbreak of the war on September 3, 1939, and now alone, Mrs. Bridge yearns to be loved again —and her seemingly unemotional husband responds in her hour of need.

For anyone who missed the years between 1919 and 1944, or who enjoys a well-done story of marriage, family, and never-ending love, *Mr. and Mrs. Bridge* is just the ticket.

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Bring the world's most beautiful flowers into your home... all year round!

A numbered, limited first edition collector plate trimmed in 23kt gold.

Holland... land of windmills, wooden shoes, and the most breathtaking flowers on earth. Millions of tourists visit the Netherlands to see the dazzling array of tulips, irises, and carnations blooming in an endless variety of sizes, shapes, and colors. Now, gifted ceramic artist Doug Hague has painted a magnificent bouquet... just for you!

Doug Hague was born in England's pottery center. His early interest in painting was encouraged by his father, an accomplished porcelain and china painter. For more than 35 years, father and son have worked as partners on numerous commissions which now grace many famous collections...including that of Queen Elizabeth II.

A Limited First Edition

"The Flowers of Holland" is the first in a new series of limited edition collector plates entitled *Bouquets of the World*, each featuring the vibrant flowers of a different country. These beautiful, full-color paintings have *never before appeared on collector plates!*

To further enhance its appeal, each plate will be decorated with a border design relating to the same country as the bouquet it portrays. Your "Flowers of Holland" plate, for example, features a lovely bow design in delft blue — a color that originated in Delft, Netherlands. Each plate will also be trimmed with 23kt gold.

Each serially numbered plate will be accompanied by a matching personalized Certificate of Authenticity. The size of the edition will be forever limited to the production capacity of 25 firing days. None will be offered through dealers; this important First Edition is available exclusively through the Danbury Mint.

No Obligation — No Risk

When you acquire "The Flowers of Holland" you have the option, *but not the obligation*, to acquire all subsequent plates in this series. Furthermore, under our *100% Unconditional Guarantee*, you may return any plate for replacement or refund within 30 days.

Reply Now for Lowest Serial Number

Strong demand is expected for "The Flowers of Holland" because of the worldwide reputation of Doug Hague, and the many plate collectors who are flower lovers, too. Reservations will be processed in the order of receipt, so mail yours today!

Please accept my reservation for "The Flowers of Holland" as described in this announcement. I wish to reserve _____ (1 or 2) plate(s) at $24.98 (plus $3.45 shipping and handling — total $27.90*).

Check (☐) if by check or money order is enclosed.

Or, ☐ Charge my credit card at the time of shipment:

☐ VISA ☐ Discover

☐ MasterCard ☐ Amex Express

Credit Card Number _____ Exp. Date _____

Signature: _____

Name: _____
PLEASE PRINT CLEARLY

Address: _____

City: _____

State/Zip: _____

Name to Print on Certificate (if different from above): _____

Allow 4 to 8 weeks for shipment.

*Residents of the following states add the amount shown per plate to include sales tax—CA $1.74, CT $2.23, FL $1.67, IL $1.74, MN $1.67, NC $1.40, NE $1.40, NY $1.12, OH $1.40, TN $2.16, TX $2.30. (Any local taxes will be billed with shipment.)

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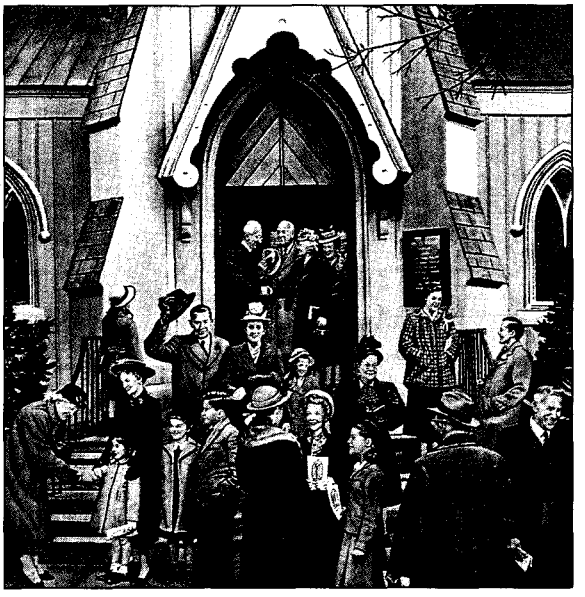
THE GREAT HUGGING PLAGUE

The bright idea for welcoming parishioners at the church door was well-meant—but somehow it got out of hand.

by Robert Fulghum

"The great hugging plague" is how it's remembered now. Broke out in our church in the '70s—back in the days when loving everybody was the way to straighten the world out once and for all. The Sunday Morning Greeters Group started it. They decided to hug every single person who walked in the front door. Wanted to make everyone feel loved and welcome right away. They were just going to try it for a couple of Sundays and see how it went. But things got a little out of hand.

Sometimes as many as six people were standing around the vestibule of the church on a Sunday morning waiting to hug anything that moved. The Greeters Group even started wearing signs around their necks that said things like: DESIGNATED HUGGER, HUGGER AT LARGE, HUG ME, I'M HUMAN, and GOD LOVES A CHEERFUL HUGGER. They thought a little touch of levity would grease the wheels of social interchange and make hugging really happen.



As I say, it got out of hand. It was said that when business was slow, the huggers hugged each other for practice. Even the janitor got hugged as he tried to clean up some spilled coffee. A stray dog strolled in and got hugged, as did several people looking for the Methodist church nearby. I heard that someone even hugged the coffee urn—it was warm and made comforting sounds, so he hugged it. There was a rumor that some parishioners came just to be hugged, and went home without going to church. Hugging junkies. It became an epidemic. The great hugging plague.

Not everybody wanted to be hugged. A somewhat quiet and reserved member of the congregation wrote a letter to me and the board of trustees. Said he had developed a hugging aversion. Said he didn't want to keep other people from doing it, but he was nervous about getting assaulted by joy when he came to church. He had tried sneaking in through the kitchen door, but one of the cooks had got caught up in the mania and not only hugged him, but spilled chicken bouillon on his suit. Said his glasses got knocked off and his toes stepped on in the morning melee, and he felt social pressure—if he capitulated to one hugger, he'd have to hug everyone else too. Said he was anxious about going to the rest room when huggers were in there.

But he didn't just complain. He had some constructive suggestions. Perhaps a second entrance for people who just wanted to say "hi" or shake hands when they came to church. Maybe a medic-alert tag to wear—one with a silhouette of people hugging and a red line across it.

Furthermore, he suggested organizing a group called HA!—Huggers Anonymous—for those who wanted to kick the habit. Perhaps, he suggested, we could offer T-shirts that said: DON'T HUG ON ME or UNTOUCHABLE or UNCLEAN or something.

He said the only way he had been able to put off the huggers was to walk through the door with his thumb in his mouth. The huggers didn't quite know how to handle that. He had thought of carrying an open umbrella or a small child with a runny nose.

While the board and I were working out a response to this concern, the first wave of free-wheeling kissing hit. Seems somebody had been to visit the Episcopal church and there was this exercise called the Kiss of Peace, where you held hands, sang the benediction, and then turned and kissed people on the cheek. Great idea! So our huggers were all for doing some handholding and peace kissing. Sure enough, they tried it one Sunday morning without any warning. Well, it was a Sunday to remember, let me tell you. Guess we weren't quite ready for unprovoked kissing, for the sake of peace or anything else.

The board of trustees talked about hugging and kissing a great deal more than they ever intended. It made trying to deal with a leaky chancel roof seem simple in comparison. And I felt the need to address the whole issue of public affection in one of those wishy-washy on-the-one-hand-and-then-on-the-other-hand sermons that left me as confused as the congregation. Aagghh.

The '70s have come and gone. Aggressive affection is out of fashion. People in that church still hug each other, but they are more careful about it now. The purpose of their hugging has changed. Once it was a statement about the liberation of the hugger; now it is a statement of caring about the huggee. A shift from getting to giving. A shift from Look at Me to I Am Seeing You. A shift from knowing What I Want to noticing What Someone Else Needs. You might not learn this just from watching two people hug each other. You'd have to put your arms around somebody to understand.

From the book It Was On Fire When I Lay Down on It, *by Robert Fulghum. Copyright © 1988, 1989. Reprinted with the permission of Villiard Books, a division of Random House, Inc.*

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Inspired by ***Norman Rockwell's*** *all-time classic illustration*

CHRISTMAS

December 4, 1926

- ❄ Inspired by Norman Rockwell's historic cover illustration for *The Saturday Evening Post*.
- ❄ Officially authorized. Comes with Certificate of Authenticity.
- ❄ A generous 6 1/4" in height.
- ❄ Hardwood base with descriptive brass plaque included.
- ❄ Just $39.00!

Now you can experience the spirit of Christmas every season and for years to come. This Rockwell Collectible Globe inspired by one of Norman Rockwell's most beloved illustrations.

This fine Snow Globe is wonderfully nostalgic, evoking memories of holidays past. Santa swirls around South as he checks his book of "Good Boys" against the globe with his magnifying glass. He'll soon be on his sleigh, leaving those special presents under Christmas trees around the world. This is Rockwell at his best, captured forever in a most beautiful and meaningful collectible.

The price of this special tribute to the genius of Rockwell and the magic of Christmas is only $39.00, payable in 3 convenient monthly installments of just $13.00 each. You need send no money now, but please act promptly to avoid disappointment or delay.

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CHRISTMAS 1926 COLLECTOR'S SNOW GLOBE

The Madrone Collection
5311 Fleming Court
Austin, Texas 78744

Please mail by
December 7, 1990

Please enter my order for the Christmas 1926 Snow Globe, inspired by the classic Norman Rockwell illustration.

I need send no money now. Please bill me for a deposit of $13* and for the balance in two convenient monthly installments of $13* each, after shipment.

Signature _____

Mr/Mrs/Ms _____

Address _____

City _____ State _____ Zip _____

*Plus a total of $3 for shipping and handling.

801

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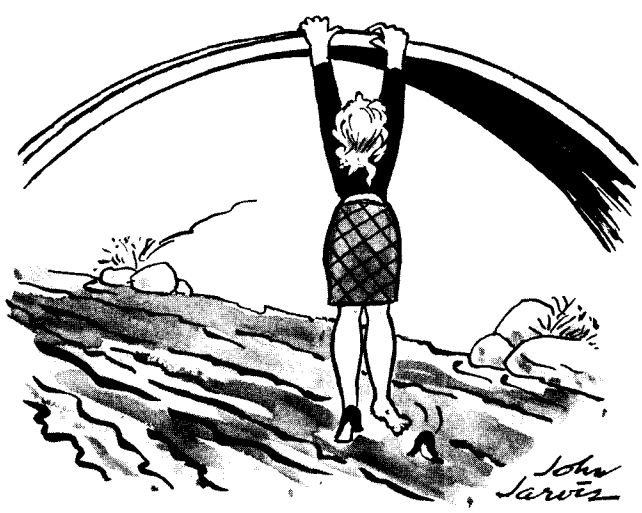
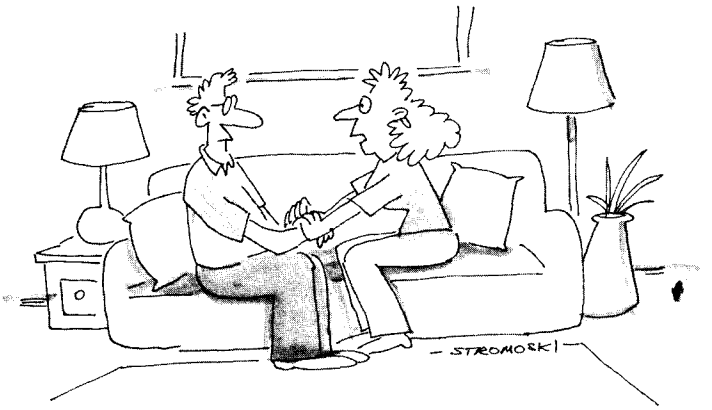
LOVE AND DESIRE

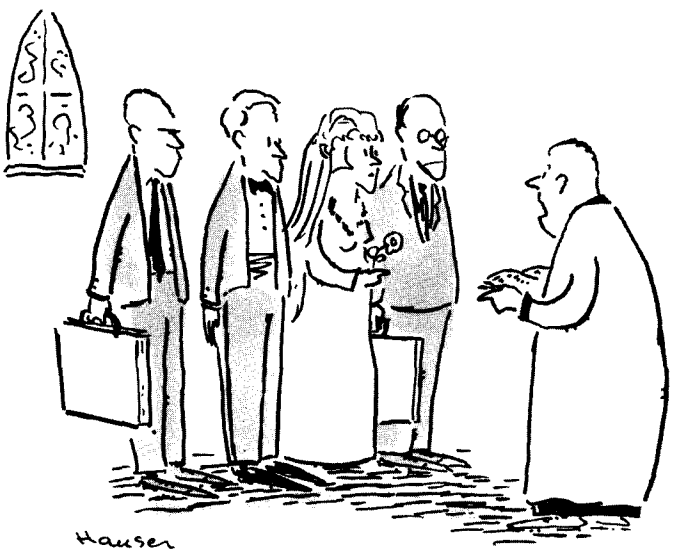
"Of course I wouldn't leave you for someone else. You know me—once bitten, twice shy."



"Agnes, you seem to be avoiding me lately."



"I love you just the way you are . . . and as soon as you give up smoking, drinking, and those morons you call friends, I'll love you even more."



"I'd like to continue now, if your lawyers have no further objections."

"Now maybe you'll stop nagging me."

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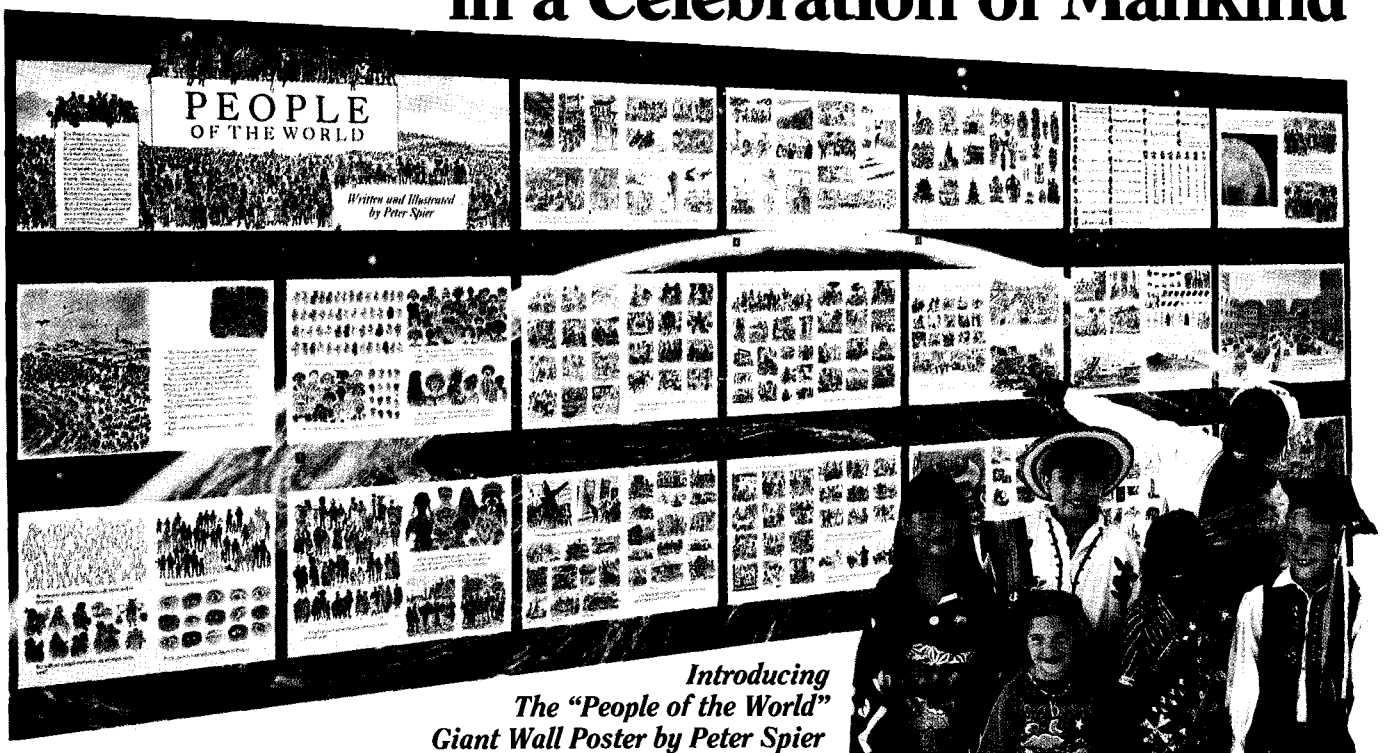
Meet the People of the World in a Celebration of Mankind



Introducing
The "People of the World"
Giant Wall Poster by Peter Spier

A Story of People with a Happy Ending

Explore the giant "People Poster" and discover a wonderful, educational story in pictures about the five billion people that inhabit the earth. Hundreds of facts, figures and colorful illustrations show in bold, simple graphics how we are alike, how we are different, what we eat, how we dress, what language we speak, how we worship, what our homes look like, our different habits, our different customs and much more. The "People Poster" is a treasure chest of knowledge designed to inspire thought-provoking discussions and activities about how each one of us is a unique and special person.

It's Three Feet High and Eight Feet Long — A Perfect Size

"People of the World" come alive when you see "at a glance" valuable information organized by discussion topics in panels no larger than a page in a book — 19 panels in all! Did you know that we practice nine main religions — and, there are thousands of others as well. Walk to another section of this colorful panorama and learn that 201 different main languages are spoken on earth. Unroll the "People Poster" and a museum full of information is at your fingertips. The "perfect size" to display in your home, school or office.

Exploring the People Story Gives Children a Head Start in Life

Parents, teachers and all educators will love to use the "People Poster" to strike the imagination of inquisitive minds to make them think. The colorful, storybook panels on this glorious chart will spark questions, open discussions and suggest activities for a wonderful learning experience. Imagine the fun children will have by exploring each other's faces (eyes, ears, noses, skin, teeth, hair) to observe the physical differences. Let them talk about personal likes and dislikes, favorite hobbies, foods, skills, interests, attitudes and feelings to understand how people are different on the inside. And you will be amazed at how children will work independently, examining the thousands of tiny details, reading the descriptive text and touching the pictures.

Two Classic Mountings Available

Heavy Paper: Printed on a high quality coated heavy paper, loosely rolled, wrapped in plastic and packed in a durable, crush-proof shipping container.
$24.95 (plus $5.00 each shipping/handling)

Deluxe Laminated Edition: Same as above, plus finished in a high clarity plastic lamination, brass eyelets in each corner for convenient wall hanging. One free black marking pen is included with every laminated edition. Mark on...wipes clean.
$44.95 (plus $5.00 each shipping/handling)

Size: 36″ high x 96″ long

Guarantee and 30-Day Free Trial

If our "People Poster" isn't every bit as special as we say it is, simply return it to us within 30 days for a full refund, exchange or credit. No questions asked.

Mail coupon or call toll-free 24 hours a day — 7 days a week. **1-800-621-7500** **(In IL Call 708-679-4700)**

Here's What People Say About "People"

"...(Spier's) work possesses a charming, colorful 'lookability' to which children as well as adults respond. This...chart with its message of respect and tolerance will be no exception."
—New York Times Book Review

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FOOD

TALKING TURKEY

For generations of Americans, turkey has reigned as the tasty centerpiece of the holidays.

by Patrick Perry

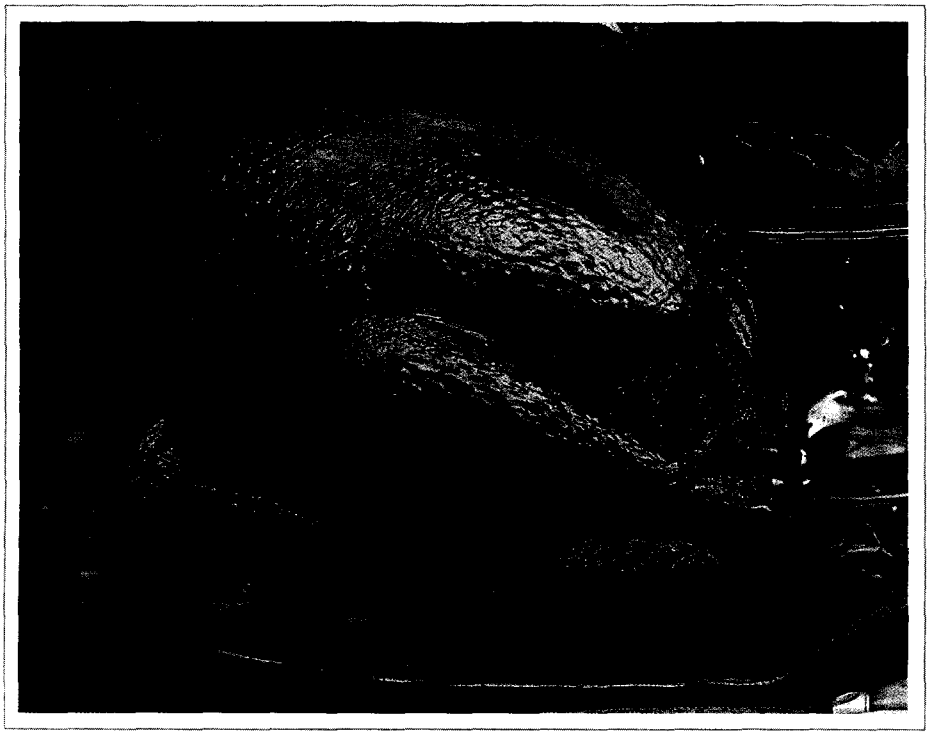
Mark Twain sorely missed American cuisine while traveling in Europe—an adventure he chronicled in *A Tramp Abroad*. Anticipating an imminent return, Twain authored his ideal homecoming meal. "I have selected a few dishes, and made out a bill of fare, which will go home in the steamer that precedes me, and be hot when I arrive," he wrote. Foremost in this list of favorites was "roast turkey, Thanksgiving style."

Generations later, turkey still tops the charts of Americans' favorite foods. All year we look forward to the long-awaited feast and savor the memory of tantalizing aromas and delicious flavors of roast turkey and other well-loved holiday recipes.

The best way to roast a turkey remains a bone of contention among even well-seasoned cooks. As one well-known chef wrote, "Any expert will gladly tell you there's only one proper way to cook turkey: his way." The only "best" way to fix a turkey is the way that suits you and your family's taste best. There are a few ground rules. Here's a quick review of some roast-turkey basics.

To safely thaw a frozen turkey, leave the turkey in its plastic bag and place it on a tray in the refrigerator for three to four days, depending on its weight. In a hurry? Defrost the frozen tom in a deep sink filled with cold water; change the water every 30 minutes. Allow 30 minutes' defrosting time for each pound of dressed weight. Once defrosted, cook the bird immediately.

Place the bird on a rack in a shallow roasting pan. To get the most attractive turkey, place the turkey breast side up. For moister white meat, you can place the turkey breast side down on a V-rack during the first half of the cooking time. Then turn the turkey breast side up midway through the cooking process.



Use a meat thermometer. Insert the thermometer in the thickest part of the thigh, not touching the leg bone. If roasting the turkey breast side down during the first half of the cooking, you can delay inserting the thermometer until the turkey is turned breast side up.

Roast the turkey in a 325-degree oven, following the time and temperature indicated on the wrapper or recipe in your favorite cookbook (*The Year-Round Turkey Cookbook* by Barbara Gibbons is a creative and informative source). Brush skin with oil or natural juices to prevent it from drying. When skin is golden brown, shield breast loosely with lightweight foil to prevent overbrowning.

Check for doneness. The internal thigh temperature of the turkey should be 180 to 185 degrees. The thigh and drumstick meat should feel soft. When the thigh is pierced, juices should be clear, not pink.

Stuffing, anyone? As one child replied when asked if he preferred white or dark meat: "I'll just take more of what the turkey ate!" Almost everyone loves stuffing, so why not vary the experience from time to time? Experiment with different ingredients and recipes. Low-cal, high-fiber dressings can be made in a casserole—with more veggies and less bread, with no fat added—that promise to be just as tasty as the scaled-up counterparts. If your favorite recipe includes sausage, substitute the lower-fat turkey sausage and carve off considerable calories. Broth or pan drippings used to moisten the dressing should be fat-skimmed before being added to the mixture.

When in doubt, call the turkey hotline (1-800-323-4848). No question could startle the home economists manning the phones. The experts answer questions from college coeds, seniors, army sergeants, campers, and "expecting" fathers trying to roast the picture-perfect holiday turkey.

Traditional Stuffed Turkey

(Makes 18-20 servings)

1 pound fresh turkey sausage
½ cup Fleischmann's margarine
2 large apples, peeled, cored, and chopped
1 medium onion, chopped
½ cup chopped celery
½ cup water
4 cups crumbled corn bread or *1 package (8 oz.) corn bread*

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stuffing mix
1/2 cup coarsely chopped pecans
1/4 cup chopped parsley
1/2 teaspoon poultry seasoning
1 18- to 20-pound frozen ready-to-stuff turkey, thawed
1/2 cup juice or vegetable oil
Salt to taste
Pepper to taste

In 10" skillet over medium heat, cook sausage until browned, breaking apart with fork. Stir in 1/2 cup margarine, apples, onion, and celery; cook until celery is tender, about 5 minutes, stirring occasionally. Add water; heat to boiling. Remove from heat. In large bowl, combine meat mixture with corn bread, pecans, parsley, and poultry seasoning. Stir until well-mixed.

Remove giblets and neck from inside turkey. Rinse turkey with running cold water; drain well. Spoon some stuffing lightly into neck cavity. Fold neck skin over stuffing; skewer closed. With turkey breast side up, lift wings up toward neck, then fold under back of bird to balance it.

Spoon remaining stuffing lightly into body cavity. Fold skin over opening; skewer closed. Tie legs or fasten under metal clip. On rack in roasting pan, place turkey breast side up. Brush skin with juice or vegetable oil to prevent drying out. Sprinkle with salt and pepper. Insert meat thermometer to test for doneness.

Roast, uncovered, at 325° F. 4-4 1/2 hours until thermometer reads 180° F. or thickest part of drumstick feels soft when pressed between thumb and forefinger protected by paper towels. Baste occasionally with pan drippings. When skin turns golden, cover loosely with tent of foil. Begin checking for doneness after 3 hours cooking time. Toward end of roasting, remove foil; brush turkey with drippings.

Remove turkey from oven; let stand 20 minutes for easier carving. Serve with gravy.

Roast Turkey-Pineapple Rice Stuffing

10- to 12-pound turkey
Salt, if desired
Pepper
1 can (20 oz.) juice-packed crushed pineapple
Water
2 cups long-grain white rice
1/2 cup slivered almonds
1/4 cup Fleischmann's margarine
1/2 cup finely chopped green onion, including tops
1 teaspoon cinnamon
1/4 teaspoon ground cloves
1/2 cup raisins

Remove giblets and neck from turkey. Rinse turkey; drain and pat dry. Rub salt and pepper into neck and body cavities. Secure drumsticks lightly with string. Insert meat thermometer into center of thigh next to body, but not touching bone. Roast, uncovered, on roasting rack in 325° F. oven 20-22 minutes per pound. Turkey is done, as previously noted in article, when meat thermometer registers 175°-180° F.

Prepare Pineapple Rice Stuffing. Drain pineapple well; reserve juice. Add water to juice to make 4 1/4 cups. Bring to boil in large saucepan or Dutch oven. Stir in rice and 1 1/2 teaspoons salt. Cover tightly; simmer 20 minutes or until all liquid is absorbed.

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Remove from heat. Meanwhile, toast almonds in small saucepan over medium heat, stirring often. Add margarine and onion and sauté, stirring, 2-3 minutes. Remove from heat and stir in cinnamon, cloves, raisins, and pineapple. Combine with rice. Serve immediately or place in buttered 2-quart casserole to reheat while turkey stands for carving.

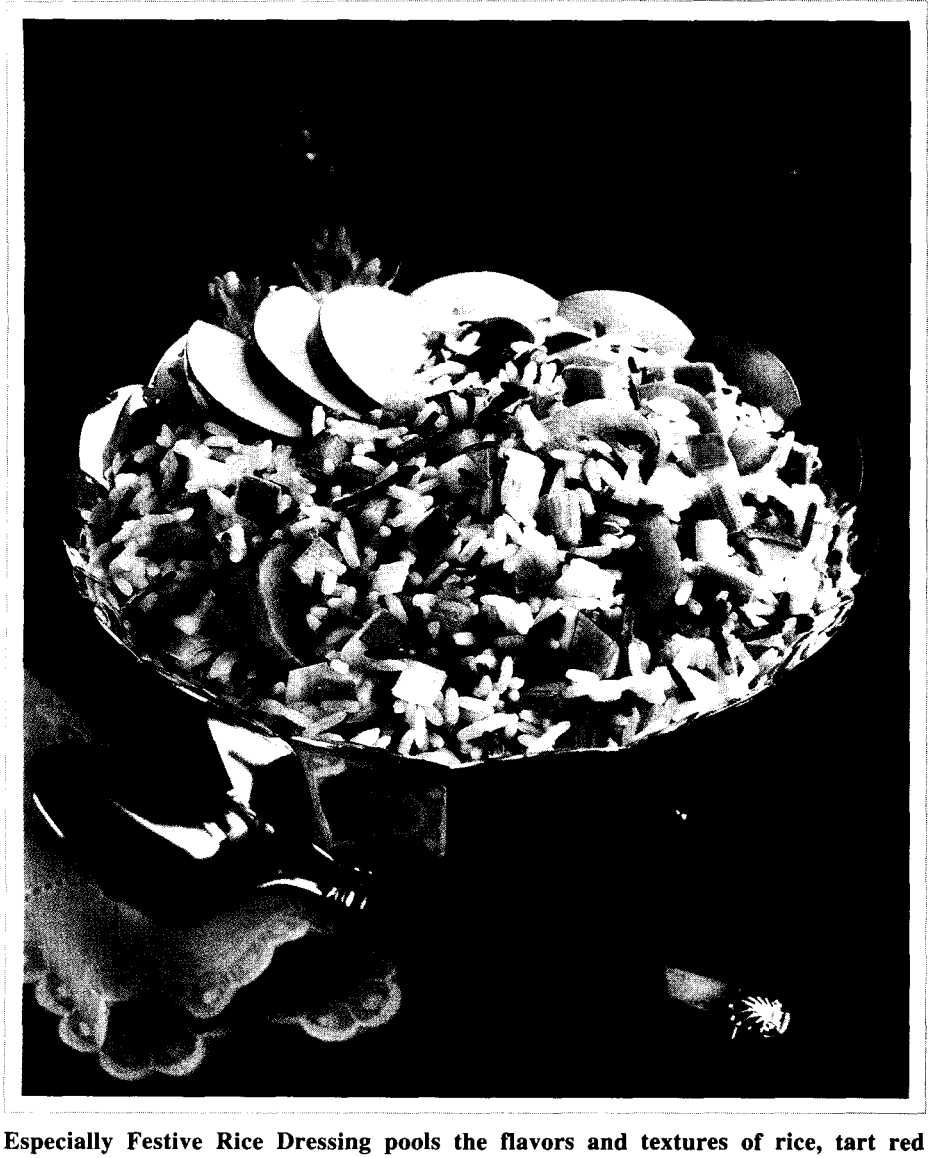
When turkey is done, remove from stove and let stand 20-30 minutes before carving.

Dijon Turkey
(Makes 10-12 servings)

12- to 14-pound turkey, thawed if frozen
1/3 cup grainy Dijon mustard
Vegetable oil
Sauce Dijon (recipe follows)

Preheat oven to 325° F. Remove neck and giblets from turkey. Rinse turkey; drain well. Free legs from tucked position. Using rubber spatula or hand, loosen skin over breast, starting at body cavity opening by legs. Spread 2 tablespoons of mustard inside body cavity; spread remaining mustard on meat under skin. Hold skin in place at opening with wooden picks. Return legs to tucked position; turn wings back to hold neck skin in place. Place turkey, breast side up, on flat rack in open pan, about 2" deep. Insert meat thermometer deep into thickest part of thigh next to body, not touching bone. Brush skin with oil.

Place turkey in oven and roast about 3 1/2-3 3/4 hours. When skin is golden brown, shield breast loosely with foil to prevent overbrowning. Check for doneness; thigh temperature should be 180° F. Let turkey stand 15-20 minutes before carving.



Especially Festive Rice Dressing pools the flavors and textures of rice, tart red apples, and toasted almonds to create an appetizing companion to roast turkey.

Sauce Dijon
(Makes 3 1/2 cups)

Remove fat from turkey drippings; add enough water to make 2 cups, if necessary. In medium saucepan, with wire whisk, blend drippings and 3 tablespoons all-purpose flour. Cook and stir over medium-high heat until mixture thickens and begins to boil. Stir in 1 cup low-fat yogurt, 1/4 cup grainy Dijon mustard, and 1/4 cup chopped fresh parsley. Cook over medium heat, stirring occasionally, until thickened; do not boil.

Berniece's Best Turkey
(Makes 8-10 servings)

10- to 12-pound turkey, fresh or frozen
Paprika
Black pepper
Salt
1 medium onion
1 stalk celery

Remove giblets and neck from inside turkey. Rinse turkey with running cold water; drain well. Rub turkey inside and out with paprika, black pepper, and salt. Cut up onion and stalk of celery. Place inside turkey cavity for added moistness.

Cover with foil. Bake at 325° F. 2-2 1/2 hours depending on weight. Remove foil last 20 minutes to brown.

Prosciutto and Barley Stuffed Turkey
(Makes 10-12 servings)

1/2 cup margarine
1 1/2 cups chopped onion
1 1/2 cups chopped celery
2 teaspoons dried thyme leaves
4 ounces thinly sliced prosciutto ham, cut into julienne strips
4 cups dried stuffing cubes
2 cups cooked barley
1 cup chicken broth
12- to 14-pound turkey, thawed if frozen
Vegetable oil

Melt margarine in medium saucepan over medium heat. Add onion and celery, and cook 7-8 minutes. Stir in thyme and prosciutto. In large bowl, combine stuffing cubes, barley, vegetable-prosciutto mixture, and broth. Set aside.

Preheat oven to 325° F. Remove neck and giblets from turkey cavities.

continued on page 110

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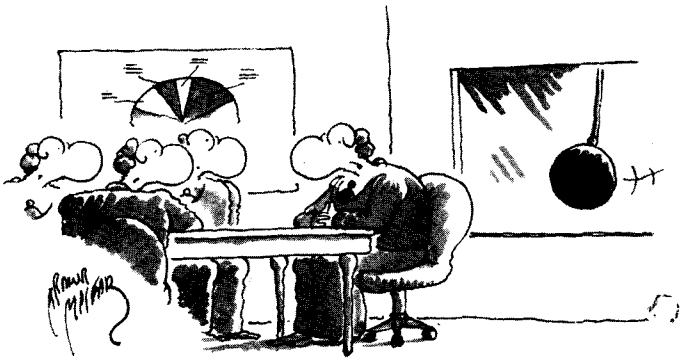

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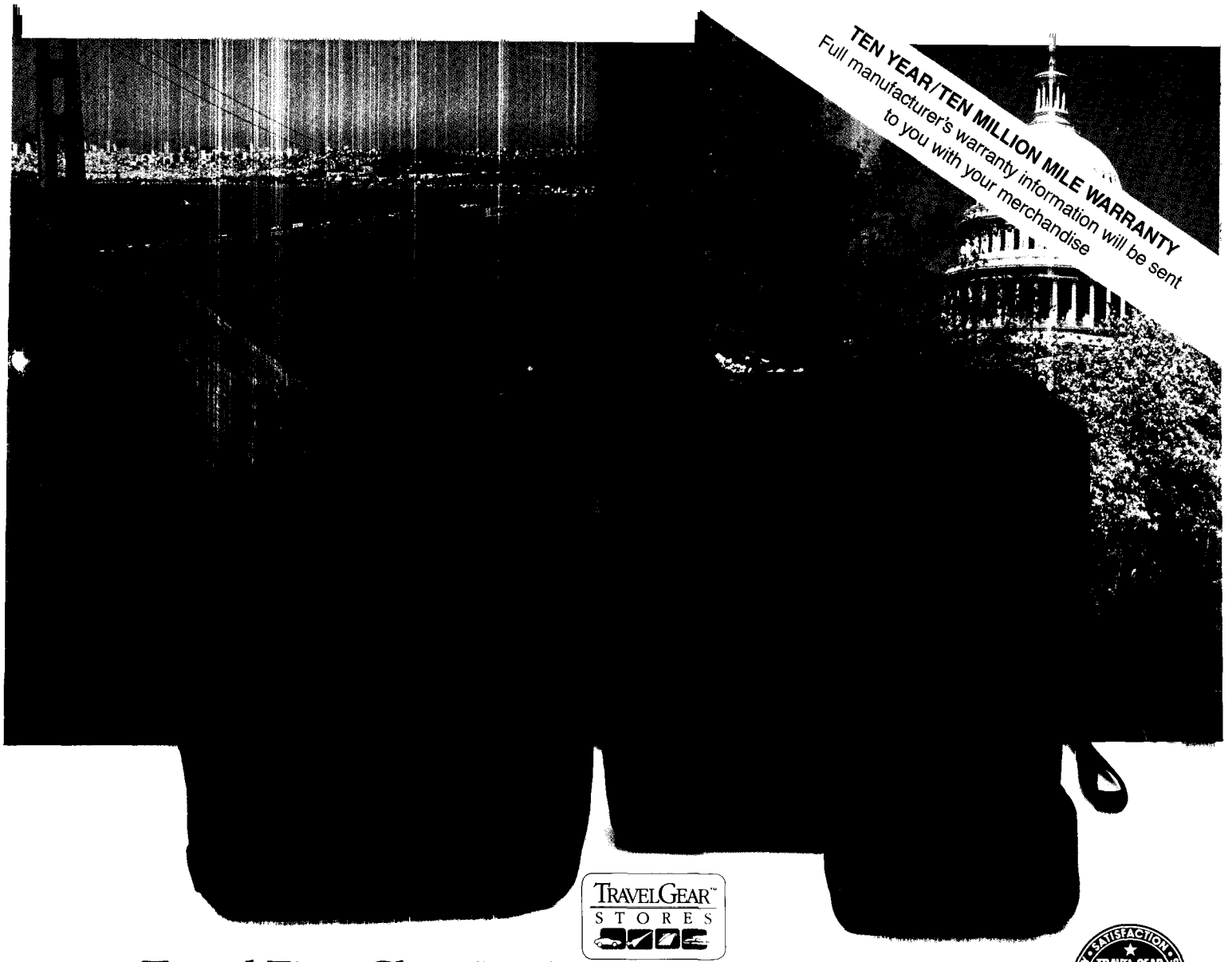

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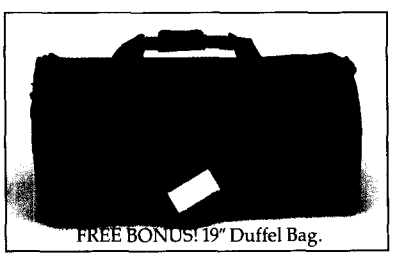

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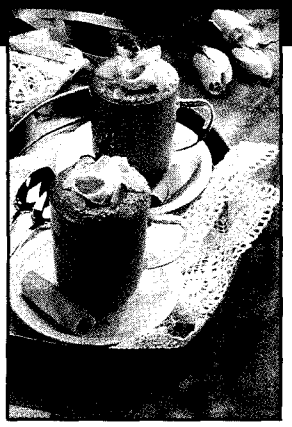

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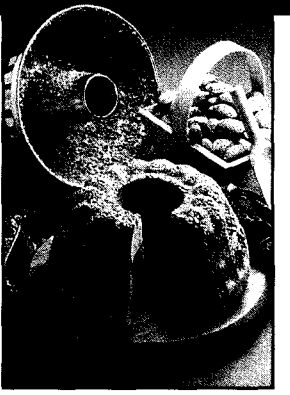

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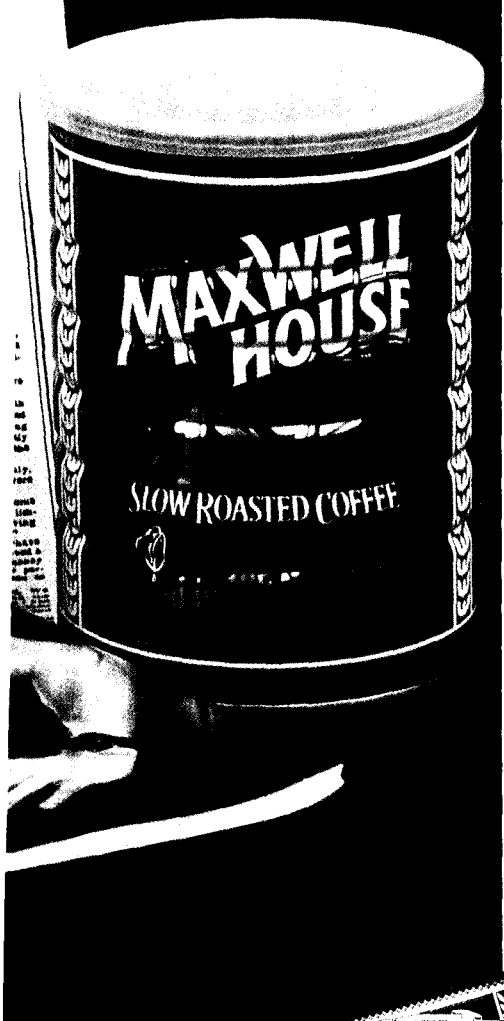

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HEARTBEAT

The Healthy Heart Report

BE GOOD TO YOUR HEART FOR THE HOLIDAYS

Improve on Christmas baking traditions by replacing butter-filled recipes with heart-healthy, high-fiber snack breads and desserts.

by Ted Kreiter

Before beginning your holiday baking, take a close look at your recipes. If they contain large amounts of butter, margarine, eggs, and whole milk, they certainly aren't contributing to your family's health. Sweet snacks and desserts can harbor as much fat and cholesterol as red meats, and because it's hard to eat just one helping, it's easy to overindulge.

Splurging on sweets can be bad for your health, especially if you are at high risk for heart disease. Recent studies show that eating a single meal high in fat and cholesterol may cause the body to release a hormone, thromboxane, that makes arteries constrict and blood clot faster. This may be one reason some heart patients get chest pains and end up in the emergency room after a high-fat Thanksgiving or Christmas feast.

Fortunately, you don't have to give up your favorite recipes. Most can be altered by reducing the fat and adding whole-grain flour and fiber. Because sugar is not very strongly linked with coronary heart disease, you need only modify the amount. Cutting back sugar by one-third will not harm the flavor of most recipes.

The following substitutions will help your baking pass heart-healthy muster:

White flour—Substitute all whole wheat or a combination of whole wheat and unbleached white flour. When possible, substitute wheat or oat bran for some of the flour in cookies, cakes, sweet breads, and plain breads.

Whole milk—Substitute nonfat (skim) milk.

Whole eggs or egg yolks—Use egg whites (two extra-large egg whites for one whole egg). Or use egg substitute.

Chocolate—Substitute cocoa. Three tablespoons of cocoa plus one tablespoon of vegetable oil will equal 1 ounce of chocolate.

Butter and margarine, shortening—Substitute canola oil or safflower oil. Remember that even the most healthful, high-monosaturated oils contain some saturated fat; many recipes can get by using less oil than called for.

Melted butter and margarine—Instead of melted butter or margarine for glazing pastries and coffeecakes, use slightly beaten egg white. Coat pans with butter-flavored nonstick spray.

Colorful Cherry-Cinnamon Bread is made with nutritious whole-wheat flour and bran.

Nuts—Nuts are generally high in fat, but most have more polyunsaturated than saturated fat. You may want to cut down on nuts in recipes and substitute crushed cereals or such dried fruits as raisins and dates. Cashews, macadamia nuts, and Brazil nuts are the highest in saturated fat. Avoid coconut completely.

Whole-Wheat Bran Bread Mix

(Makes about 11 cups)

3 cups whole-wheat flour
3 cups all-purpose flour

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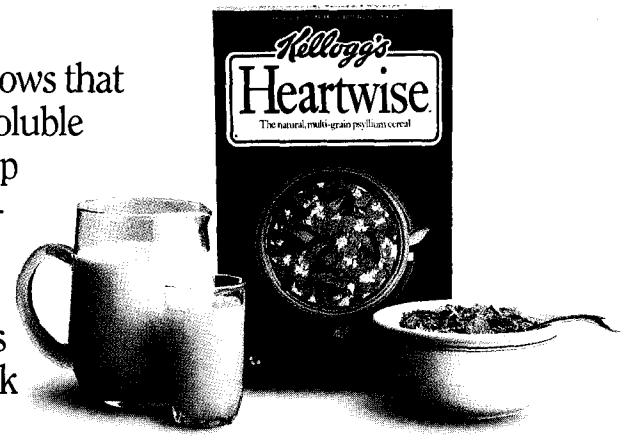

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HEARTBEAT

1/4 cup baking powder
2 teaspoons salt
1 package (18 oz.) bran cereal

In large mixing bowl, stir together flours, baking powder, and salt until thoroughly combined. Stir in bran cereal. Store at room temperature in airtight container.

Note: Stir Bran Bread Mix before measuring for recipes.

Cherry-Cinnamon Bread

(Makes 1 loaf, 16 slices)

1/2 cup honey
1/2 teaspoon cinnamon
1 jar (10 oz.) maraschino cherries, chopped, well-drained
3 cups Whole-Wheat Bran Bread Mix (see recipe above)
1/2 teaspoon nutmeg
2 egg whites, slightly beaten
1/3 cup vegetable oil
1 1/4 cups skim milk

In small bowl, mix together 1/8 cup honey, cinnamon, and 2 tablespoons cherries. Set aside. Stir Bran Bread Mix before measuring. In large mixing bowl, stir together Bran Bread Mix, remaining honey, and nutmeg. Mix in egg whites, oil, milk, and remaining cherries; stir only until combined. Let stand 3 minutes. Spread in greased 9" x 5" x 3" loaf pan. Place cherry topping evenly over batter.

Bake at 350° F. about 50 minutes or until wooden pick inserted near center comes out clean. Remove from oven; cool 10 minutes before removing from pan. Cool completely before slicing.

Vegetable Bread (above) and Currant Swirl Bread.

Vegetable Bread

(Makes 1 loaf, 16 slices)

2 cups bread flour
1 cup whole-wheat flour
1/2 cup instant nonfat dry milk powder
1 teaspoon salt
1 package active dry yeast
1/4 cup honey
1 1/4 cups warm water (110°-115° F.)
2 cups bran cereal
2 egg whites
1/4 cup softened margarine
1/3 cup finely chopped green onions
1/3 cup finely chopped celery
1/2 cup finely chopped carrots
1 tablespoon dill weed

Stir together flours, dry milk, and salt. Set aside. In large electric mixer bowl, combine yeast, honey, and water. Stir in bran cereal; let stand about 2 minutes or until cereal is softened. Add egg whites, margarine, and 1/2 of flour mixture. Beat at medium speed on mixer 2 minutes or about 200 strokes by hand. Mix in vegetables and dill weed.

Stir in remaining flour mixture by hand to form stiff, sticky dough. Cover lightly. Let rise in warm place until double in volume (about 1 hour). Stir down dough to original volume.

Spoon into greased 2-quart round casserole dish or 9" x 5" x 3" loaf pan. Bake at 350° F. about 55 minutes or until loaf is golden brown and sounds hollow when lightly tapped. Place loaf on wire rack and cool.

Banana Grapefruit Bread

(Makes 1 loaf, 16 slices)

3 cups Whole-Wheat Bran Bread Mix (see recipe above)
2 tablespoons skim milk
1 cup mashed, fully ripe bananas
1/3 cup softened margarine
1/3 cup honey
2 egg whites
1 cup chopped pink grapefruit sections (about 1 large grapefruit)

Stir Bran Bread Mix before measuring. Stir together Bran Bread Mix, milk, and bananas. Let stand 3 minutes. In large mixing bowl, beat margarine, honey, and egg whites until well-blended. Add grapefruit and continue beating until combined. Mix in cereal mixture.

Spread batter evenly in greased 9" x 5" x 3" loaf pan. Bake at 350° F. about 50 minutes or until golden brown. Let stand 10 minutes before removing from pan. Cool loaf completely before slicing.

Applesauce Bran Bread

(Makes 1 loaf, 16 slices)

2/3 cup all-purpose flour
1 cup whole-wheat flour
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1/4 teaspoon cloves
1/3 cup softened margarine
1/2 cup honey
3 egg whites
1 cup bran cereal
1 cup applesauce
1 cup raisins

In small bowl, combine flours, soda, salt, and spices. Set aside. In large mixer bowl, beat together margarine, honey, and egg whites until thoroughly combined. Mix together bran cereal and applesauce. Let stand 2 minutes or until cereal is softened. On medium speed, add cereal mixture alternately with flour mixture to margarine mixture. Stir in raisins.

Spread batter evenly into greased 9" x 5" x 3" loaf pan. Bake at 350° F. about 55 minutes or until wooden pick inserted near center comes out clean. Remove from pan; cool.

Currant Swirl Bread

(Makes 1 loaf, about 16 slices)

1 1/4 cups bread flour
1 cup whole-wheat flour
1 cup bran cereal
1 teaspoon salt
1 package active dry yeast

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Norman Rockwell

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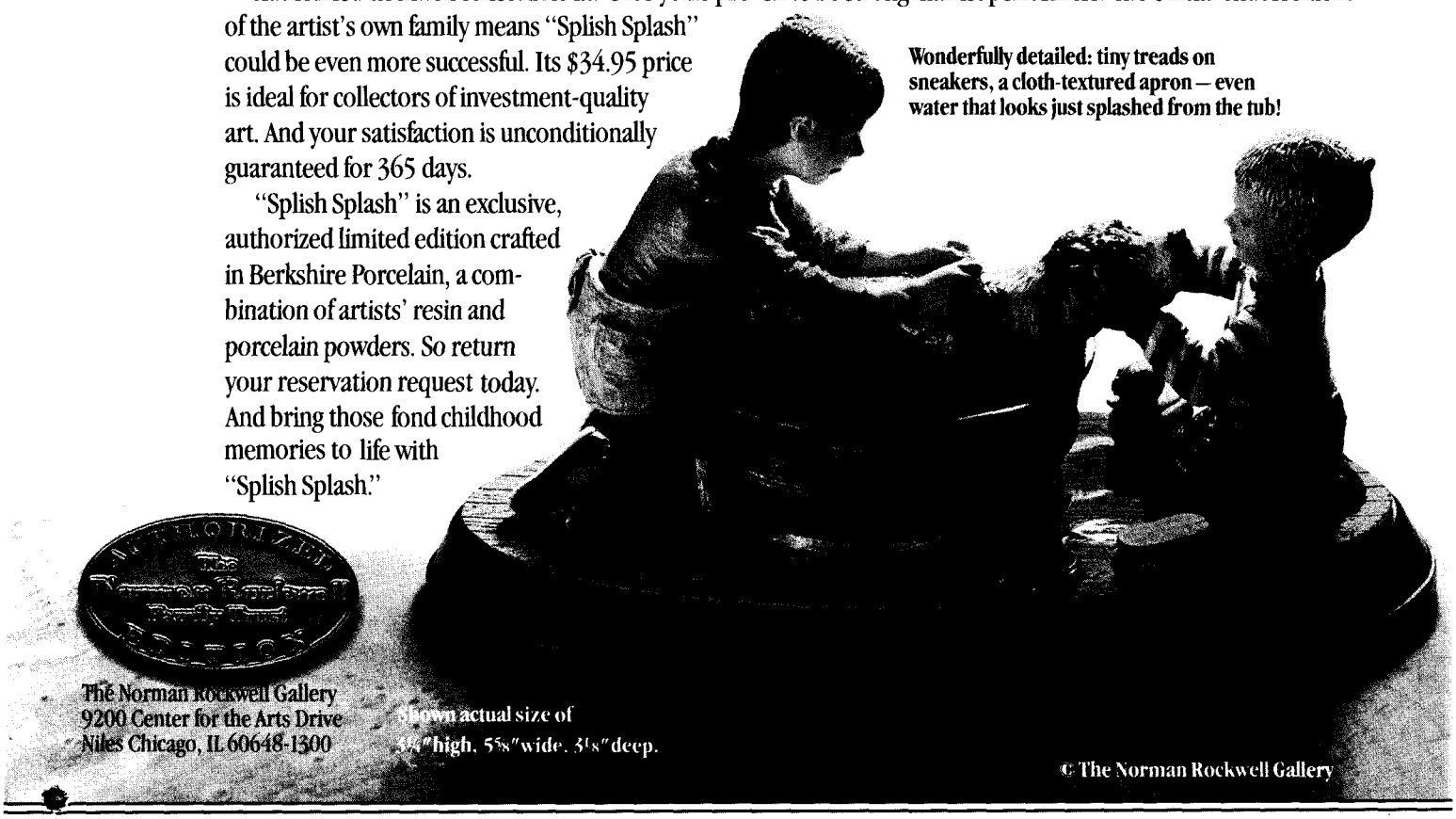

Wonderfully detailed: tiny treads on sneakers, a cloth-textured apron — even water that looks just splashed from the tub!

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Shown actual size of 4⅝"high, 5⅝"wide, 3⅛"deep.

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What Is This?

- *Short stories by a college president?*
- *Foreword by an economist?*
- *Praise from a poet, a PBS film critic, and a best-selling spy novelist?*

"Come with George Roche to the shadow of Mt. Shavano, where the snow piles up over the rooftops and animals howl in the night and the road is closed for the season..."
—*George Gilder*
Economist, Author, Microcosm

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—*Fred Chappell*
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—*Michael Medved*
PBS Film Critic

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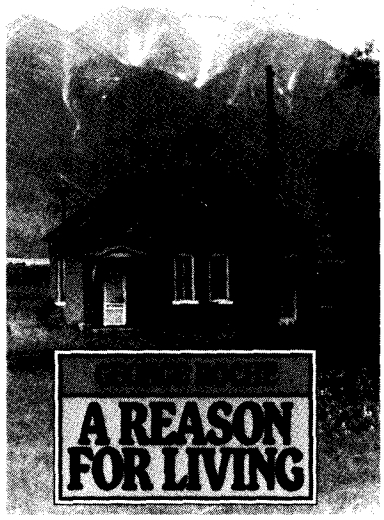
—*Clive Cussler*
Author, Raise the Titanic and Deep Six

A Reason for Living is a new collection of short stories by George Roche, the President of Hillsdale College, about the rough-and-tumble lives of people in early-to-mid-20th century Colorado who find a reason for living in the very adversities of everyday life — whether they be crippling accidents, crime and corruption, or the pressures of imminent matrimony.

A Collection of Short Stories
FOREWORD BY GEORGE GILDER



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Hillsdale, MI 49242

1/4 cup honey
1 cup plus 1 tablespoon skim milk
3 tablespoons margarine
2 egg whites
1 tablespoon water
1 teaspoon cinnamon
1/2 cup currants
1 tablespoon turbinado sugar or granulated sugar

Stir together flours. In large electric mixer bowl, combine 1/2 cup flour mixture, bran cereal, salt, yeast, and honey.

In small saucepan, heat 1 cup milk and margarine until very warm (120°-130° F.). Gradually add to cereal mixture and beat 2 minutes on medium speed, scraping bowl occasionally. Add egg whites and 1/4 cup flour mixture. Beat 2 minutes on high speed. Using dough hooks on electric mixer or by hand, stir in remaining flour mixture.

Knead on low speed or by hand 5 minutes or until dough is smooth and elastic. Place dough in lightly greased bowl; turn once to coat top. Cover and let rise in warm place until double in volume. Punch down dough and let rest 10 minutes.

Roll dough on lightly floured surface into 14" x 8 1/2" rectangle. Wet surface with 1 tablespoon water. Sprinkle cinnamon over wet dough. Spread currants evenly over cinnamon. Starting with shorter side, roll dough lengthwise.

Place seam side down in greased 8 1/2" x 4 1/2" x 2 1/2" loaf pan. Let rise until double in volume, about 1 hour. Lightly brush top of bread with 1 tablespoon milk. Sprinkle with turbinado sugar.

With sharp knife, make 1/8" deep cut lengthwise down center of loaf. Bake at 375° F. about 30 minutes or until golden brown. Remove from pan and cool on wire rack.

Note: Turbinado sugar is also called raw sugar.

Carrot Cake
(Makes 10 slices)

1 teaspoon ground cinnamon
1 teaspoon ground allspice
1/2 teaspoon freshly grated nutmeg
1/4 teaspoon ground cloves
1 1/2 cups whole-wheat pastry flour
1/3 cup wheat bran
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1 cup grated carrots
1 can crushed pineapple, well-drained
3/4 cup honey
1 1/2 cups water

Preheat oven to 350° F. Combine first 10 ingredients and mix well.

In separate bowl combine honey and water. Fold dry ingredients into wet ones and mix well. Do not overbeat or mix. Pour into nonstick 9" x 5" x 3" loaf pan. Bake 1 hour and 15 minutes, or until toothpick comes out clean.

Perfect Pumpkin Pie
(Makes 1 9" pie)

4 egg whites, slightly beaten
1 can (16 oz.) solid pack pumpkin
1/2 cup honey
1 teaspoon cinnamon
1/2 teaspoon ginger
1/4 teaspoon cloves
1 2/3 cups (13 oz.) evaporated skimmed milk
1 9" unbaked pie shell with high fluted edge

Preheat oven to 425° F. Mix filling ingredients in order given. Pour into pie shell and bake at 425° F. 15 minutes. Reduce heat to 350° F. and continue baking 45 minutes or until knife inserted near center comes out clean. Cool completely on wire rack.

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A 50th anniversary tribute to the most popular film ever made... a Bradford Exchange recommendation

Gone With the Wind – it is a film that has captured the hearts and imagination of millions for generations. Now, artist Howard Rogers re-creates a poignant scene from this immortal movie, Scarlett's last film moment at her plantation home, in "Home to Tara," a new limited-edition plate.

"Home to Tara" is from the *Gone With the Wind: Golden Anniversary Series*, the only plate series authorized by MGM and Turner Entertainment Co. to commemorate the fiftieth anniversary of the film classic! And, like exceptional collector's plates that now command high prices on the plate market, "Home to Tara" appears well positioned to go up in value after the edition closes.

Not all plates go up in value; some go down. But the edition of "Home to Tara" is strictly limited to a maximum of 150 firing days, and demand is expected to be strong. So if you wish to obtain this plate at the $27.50 issue price, the time to act is now. To order your plate – fully backed by our one-year money-back guarantee – send no money now, simply complete and mail the coupon at right.

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GWB-230

Order Form for "Home to Tara"

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Please respond by: December 31, 1990

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BOOK REVIEW

JACK BENNY REMEMBERS

America's beloved comedian comes back to life in his long-lost, hilarious autobiography.

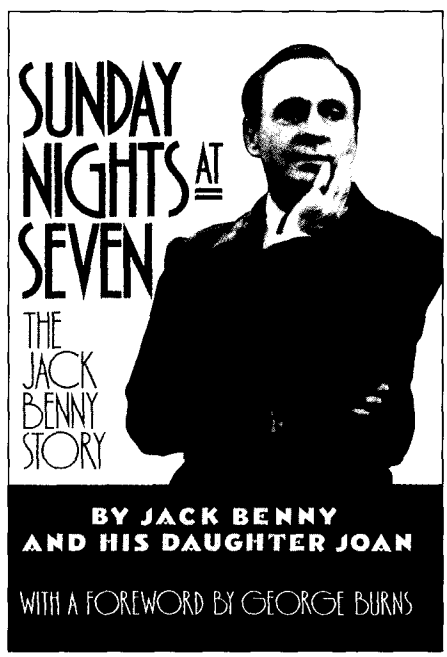
by Maynard Good Stoddard

Sunday Nights at Seven: The Jack Benny Story
by Jack Benny and his daughter Joan
Warner Books, Inc.
302 pp., $19.95

Sure, there have been three previous Jack Benny biographies, as well as many magazine articles. But none answers the questions that George Burns asks in his foreword to *Sunday Nights at Seven*: What was it like growing up with a famous father? Was life in the Jack Benny household a barrel of laughs? What was Jack like out of the public eye when he let his hair down? ("That's where Jack and I were different," Burns writes. "He could let his hair down; I just took mine off.")

The questions could be answered, of course, by none other than Joan, the Bennys' only daughter. And she does it with a candor that, injected with Benny's own account of his "39"-year life span, promises vaudeville, early-radio, and TV buffs a most enjoyable experience.

Other biographies only took a shot at the real Jack Benny—but there's



no guesswork here. In going through Benny's effects, Joan discovered a strange bundle of papers that turned out to be a 400-page autobiography of the man who held American radio audiences enthralled for 23 years on Sunday nights at seven. The complete, fascinating, often hilarious record from struggling vaudeville performer to top TV entertainer was never published because Sadie Marks, his wife (who became Mary Livingstone), took offense at the inclusion of his former girlfriends.

At first look, Jack Benny did not lead the life that best-selling books are made of: no hardship, no tragic clown, no scandal, no drugs, no leap to stardom, no catastrophies, and only one wife. So what was left to make this the readable, pass-along volume it's sure to be? You'll find it in Joan's very special childhood, the memories and the anecdotes, the happiness and the humor, all skillfully blended with a stereoscopic view of family doings and undoings never before recorded.

Young Benjamin Kubelsky was not the stuff of which successful men are made. He hated school, he hated violin lessons, he didn't care for sports, and he thought courting girls was not worth the effort, as it required long walks. He was thus in "107th heaven" when school officials finally kicked him out of high school, his violin teacher gave up on him, and Waukegan Business College dumped him before he could say "double entry." As a last resort, his father took him into the haberdashery business. Benny hated that too.

As Benny recalled, one day a man came in and handed him a dollar. He thanked the man, who then left.

"What did you sell, Benny?" his Papa yelled out.

"Nothing—some man just came in and handed me a dollar on his account."

"So—what was his name?"

"Do you have to know their names?" Benny asked.

"Dear God," his father said, looking at the ceiling toward heaven. "Tell me, what did I do so terrible to deserve this?"

The one wish of Benny's mother, that he would become a concert violinist, looked hopeless. At age 17 he was playing in a theater pit orchestra for the handsome salary of $7.50 a week. When Arthur, Julius, Milton, and Leonard, billed as the Marks Brothers (later to become the Marx Brothers—Harpo, Groucho, Zeppo, and Chico), offered Benny $15 per to travel with them, the parents said no. Benny's mother wouldn't even come to see his "cheap fiddle act in vaudeville," because she thought show business was immoral.

As for the morals of vaudeville

Jack Benny and Mary Livingstone with George Burns and Gracie Allen in the '30s.

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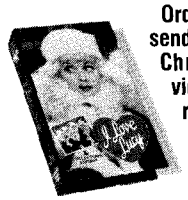

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women, Benny's father left no doubt. "In front of Mama I can't tell you my honest opinion of such women. They paint their faces and smoke cigarettes and curse. Such things you wouldn't believe."

Even Benny's name would have a rough time.

Finally granted a trial period of three months in vaudeville, Benny went on the road playing his violin under his real name of Benjamin Kubelsky. Jan Kubelik, a concert pianist, threatened to sue unless Kubelsky changed his name. So Benny became Ben Benny. Later Ben Bernie, who was also doing a fiddle act, invited Ben Benny to choose another name or go to court. But why "Jack" Benny? It's an interesting account. You'll have to read it.

Jack's metamorphosis from fiddle player to comedian began during boot camp at the Great Lakes Naval Training Station (where he became Benjamin Kubelsky all over again). His development is credited to an Irishman later known in the movies as Pat O'Brien. You'll have to read that too.

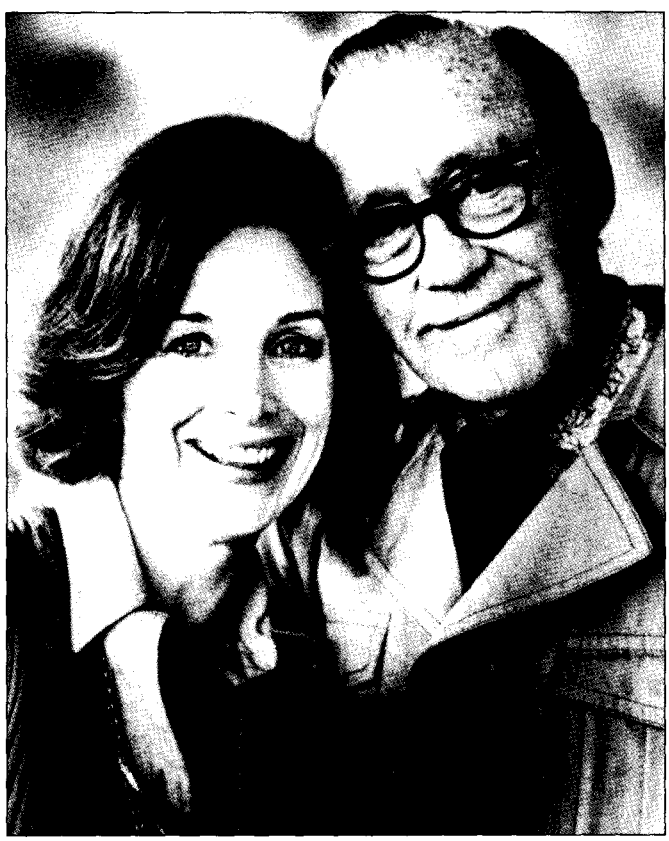
Only Benny himself could do justice to his several "infatuations" before meeting Sadie Marks, a hosiery saleslady, whom he would marry "once and for all"—and who would become his radio partner as Mary Livingstone. And only Benny could unblushingly write of walking across the street to talk to Greer Garson, his secret love, and falling flat on his face after stepping on "the only mound of horse manure seen on Roxbury Drive in 50 years."

There is Jack Benny's movie contract at $1,000 a week, for which he didn't make movies. There are his Broadway successes at $1,500 a week. Then he learned that Sam 'n' Henry, a small-time vaudeville act at a top salary of $200 a week, were being paid $5,000 a week for a 15-minute radio show as Amos and Andy and . . . well—you know Jack Benny.

For his radio debut on Ed Sullivan's gossip and interview radio program, however, Benny wasn't paid penny one. His five-minute spiel began: "This is Jack Benny talking. There will be a slight pause while you say, 'Who cares?' "

One listener who *did* care turned out to be the president of the agency representing Canada Dry Ginger Ale. Jack Benny was off and running.

Benny's claim that "everything good that happened to me happened by accident" could well be argued. His salvation of an endangered product called Jell-O can be credited to a talent whose radio show tuned in America Sunday nights at seven for all of 23 years.



While looking through some old papers, Joan Benny found an unpublished autobiography of her famous father.

Jack Benny's development from a $7.50-a-week fiddle player to an accomplished concert violinist (he performed at Carnegie Hall) came from practicing two to three hours a day on his $16,000 Stradivarius. He let the doors in the house—designed to shut out the sounds—slam where they may. Isaac Stern, the famed violinist, who once played with Benny during this time, afterward confided to Joan, "He didn't know the notes that well, but he played in the general vicinity."

In Benny's pages of the book, he regales us with his most hilarious radio and TV scripts. He goes behind the scenes in acquiring his old Maxwell car and meeting Eddie Anderson, who became Rochester, his butler. He records his running fictitious feud with fellow radio comedian Fred Allen, and even includes this devastating bit:

The mayor of Waukegan had declared a Jack Benny Day, named a junior high school after him, and planted a tree to be known as the Jack Benny tree. Three months later the tree died. "How can they expect a tree to live in Waukegan," Allen asked on his next radio program, "when the sap is in Hollywood?"

To know Jack Benny, you had to be there, as the saying goes. And Joan Benny certainly was. She gives us a daughter's-eye view of not one but two Jack Bennys—the world-famous comedian and violinist, and a doting father who couldn't say no, be it a powder blue Pontiac convertible; a red Christmas tree; or 80 young people, besides movie and vaudeville stars, at a birthday party.

"I lived a charmed, enchanted life," Joan Benny sums it up, "from those early Sunday nights at seven through a lifetime of love and laughter."

After the laughter ended, on December 27, 1974, Bob Hope said in his eulogy, "For a man who was the undisputed master of timing, you would have to say that this was the only time Jack Benny's timing was all wrong. He left us too soon. He only gave us 80 years."

Joan disagrees. "He didn't get old or doddering, grow deaf or blind, or lose his memory. Not him. He went out a star."

After conquering American audiences on stage, radio, television, and the big screen, Benny had still been apprehensive about taking his show to England. How would he be received by these people of reserved humor?

Not to worry. Of the many enthusiastic reviews, one headline read: "Oh good, Mr. Benny, oh very good."

In reviewing *Sunday Nights at Seven*, can we say more?

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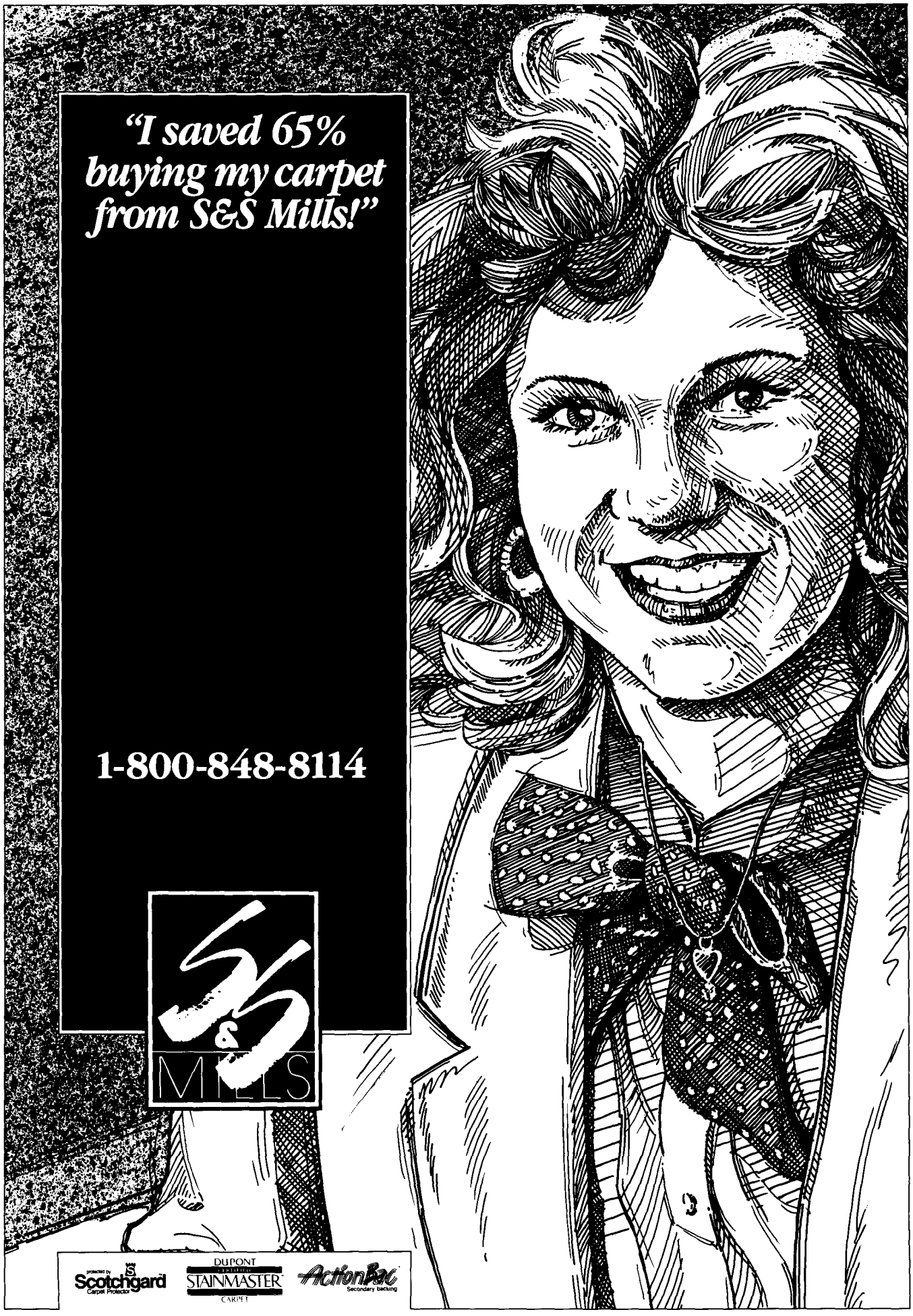
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POST SCRIPTS

Ladies' Rooms

Something just befuddles my mind:
Why are ladies' rooms designed
To have the same number of stalls
As men's? Who makes these calls?
It must be men, I bet you'll find,
Who never had to wait in line.

—Donna Manley

Smart Investment

A young stockbroker was trying to persuade an elderly lady to buy a new stock on the market.

"This stock will triple your investment in just three years," he said.

"Sonny boy," she replied. "I'm 93 years old. At my age I don't even buy green bananas."

—Charles R. Baxley

Get the Message?

Mr. O'Hara knew exactly what features he needed in an answering machine, and he didn't want to pay extra for bells and whistles he knew he'd never use. At the electronics superstore, all the salesclerks seemed to be busy pitching the "big ticket" items as he stood for 20 minutes reading and comparing features of the many models. Finally, he found just the right model at the right price. When he looked for one in a box, a salesclerk appeared, attracted by the smell of the easy sale.

"That one, please," he said, pointing to the display model.

"Sold out," she said brusquely. "Gimme your number. I'll call ya when they come in."

She hurriedly scribbled the number and rudely turned away.

"Ma'am," O'Hara called after her, "just leave a message on my new answering machine if I'm not in."

—Paul Sullivan

Scout's Honor

One boy scout to another: "Do you ever have days when you feel just a little untrustworthy, disloyal, unhelpful, unfriendly, discourteous, unkind, grumpy, wasteful, cowardly, dirty, and irreverent?"

—Thomas LaMance

Not Any Old Job Will Do

Sir: Regarding your application for employment with our company, actually, if your last job was with the American Buggy Whip Company, we feel that. . . .

—Lawrence Wyley Black

Reflections of an Elderologist

That age-old question "Why
am I here?"
Needn't worry one a whole lot.
For the answer, dear friend,
You may not comprehend
Till just past the end—when you're not.

—Dwight Payton

Speaking from Experience

"Dad, what's the best thing to do if the brakes of one's car give way?"

"Turn off the ignition."

"Suppose you're going downhill?"

"Hit something cheap, son."

—James Curnane

Confidence?

After a teacher had taken her students on a tour of the White House in Washington, she asked each student to write a brief impression of the visit.

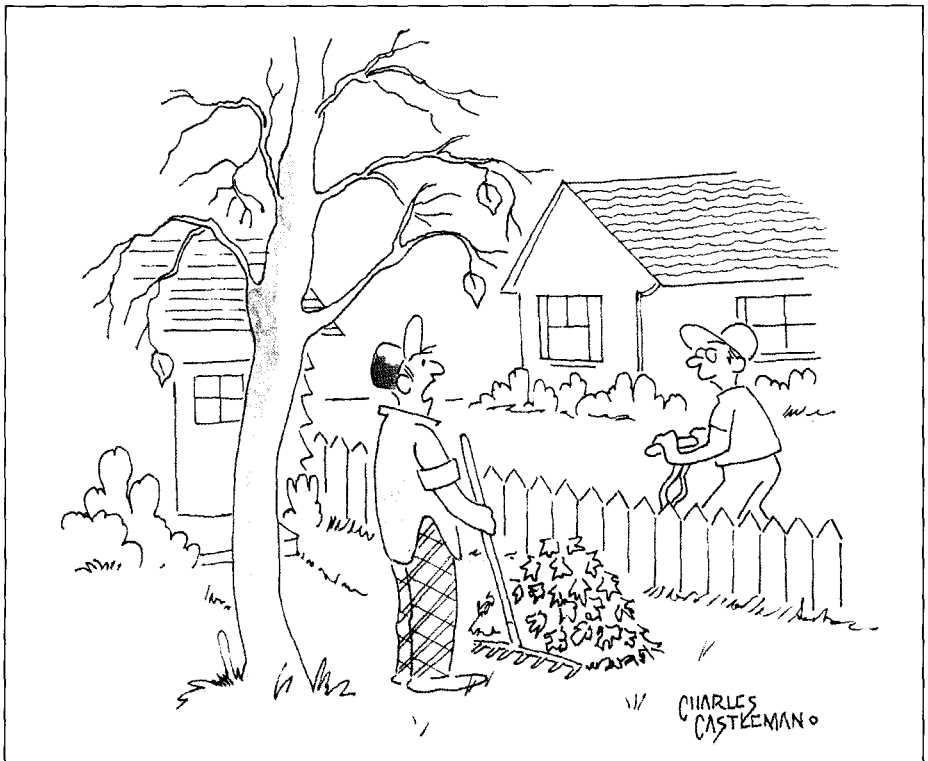
One boy wrote: "I was glad to have the chance to visit my future home."

—Thomas LaMance

Technically Speaking

Because of the increased volume of work in our office, we began using a recorder several months ago to inform prospective applicants about job opportunities and application procedures. Just how quickly people adapt came home to me the other day. Our recorder was temporarily turned off, so I answered the "job line" personally. There was an awkward pause, and then a voice stammered, "Could I please speak to the recorder?"

—Larry Johnson



"What I don't understand is why I keep looking forward to weekends."

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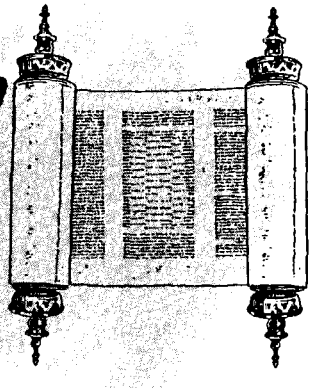
IS Prophecy BEING FULFILLED?



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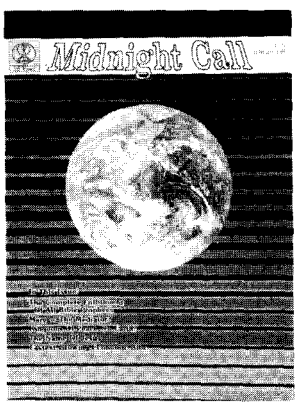

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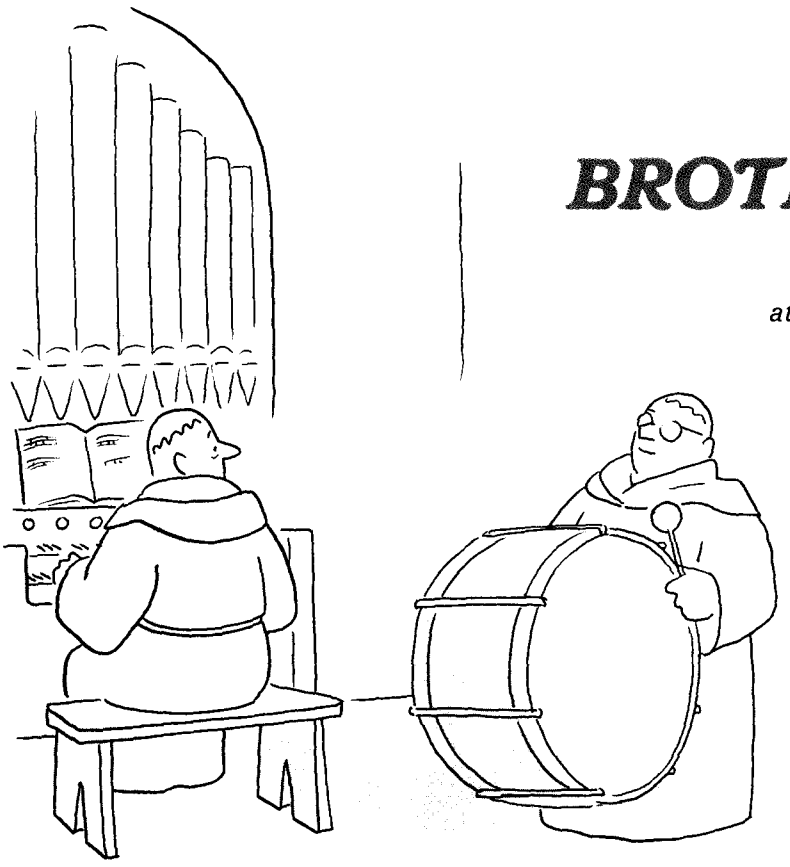

"CALLING BROTHER SEBASTIAN"

With Chon Day's altar ego still at large, where there's smoke, there's bound to be a little friar.

"I can't even use my initials," laments Chauncey Addison Day.

So he signs his drawings Chon Day, and for more than 60 years he's cartooned his way across the pages of virtually every major magazine in the United States, including, of course, the *Post*, to which he sold his first panel in 1934. ("It was pretty lousy," he says.)

The National Cartoonists' Society has thrice voted him Gag Cartoonist of the Year, he's published six books, and the Rhode Island Heritage Hall of Fame inducted him in 1969.

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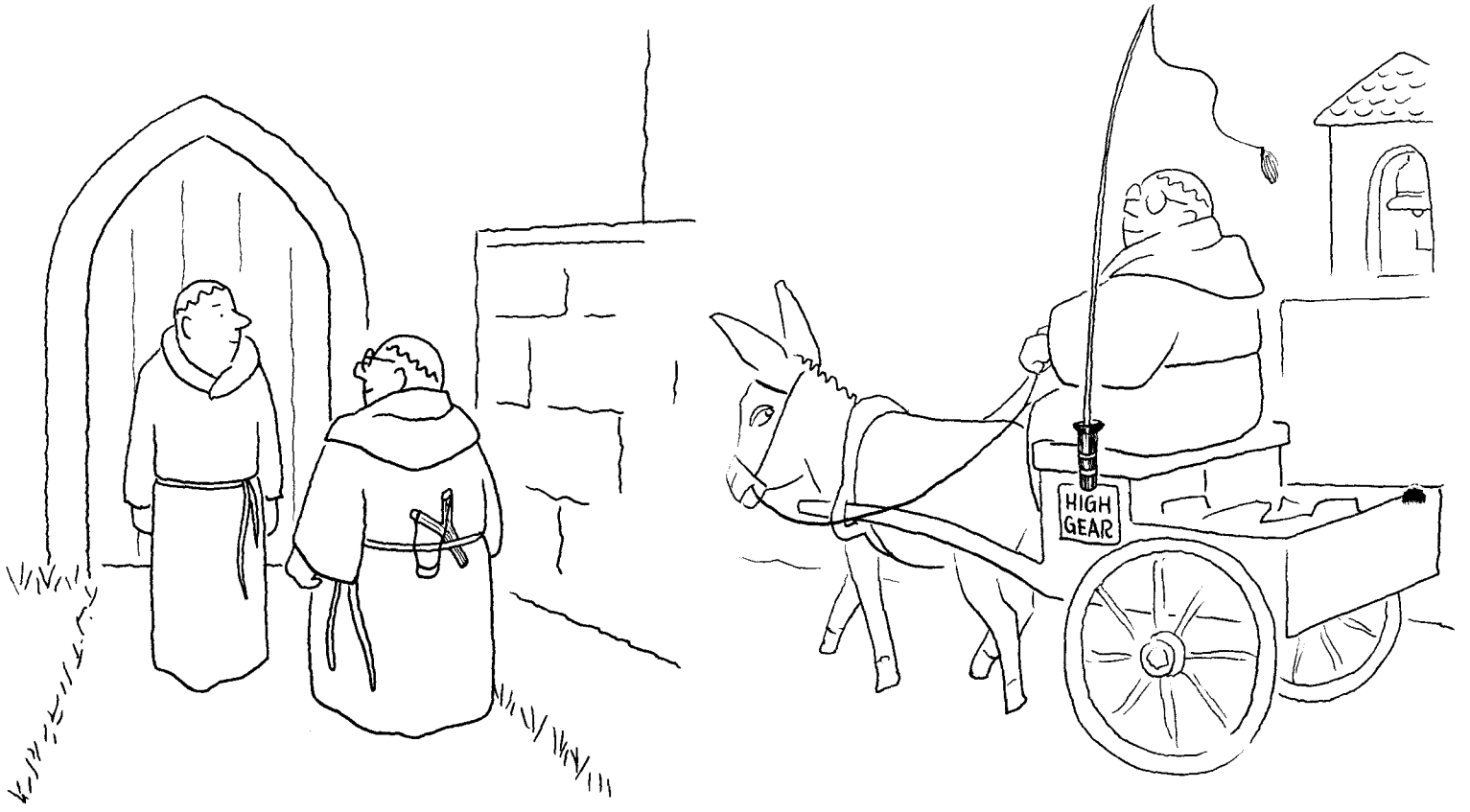

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HOW AN AMAZING MEDICAL DISCOVERY RELIEVES AND ELIMINATES PAIN IN HOURS AND DAYS...

AMAZING NEW MEDICALLY APPROVED BANDAGE ELIMINATES PAIN AND RESTORES MOVEMENT THROUGH ELECTROSTATIC ACTION! RELIEVES AND ELIMINATES PAIN FROM ARTHRITIS... RHEUMATISM ... BACKACHE... SPORTS INJURIES...SPINAL AND TENDON DISCOMFORT - AND MANY OTHER CAUSES! READ THE THRILLING DETAILS AND END YOUR PAIN WITHIN DAYS.

Now at last one of the most fascinating medical stories of the 20th century can be told - for the benefit of those who suffer needlessly from pain and physical discomfort. In the 1960s medical scientists discovered that the application of an electrical "field" to painful areas of the body actually resulted in decrease or elimination of pain.

Using this information, Dr. W. Seuss of West Germany designed a series of bandages contoured to various body parts in which the synthetic foam interior was exposed to polarized electricity. The inventor patented the process under the name of MEDIPOLAN Bandages.

SPACE-AGE FABRIC

MEDIPOLAN Bandage is a lightweight, contour-shaped synthetic cloth material containing a thin foam center with a built-in, permanent electrostatic field activated by contact with the skin. There are NO batteries or wires, and the bandage is COMPLETELY safe - with NO side effects as in the case of many medications.

Test results show that easing of pain is obtained within an average of 12 hours after application of the bandage. Physicians report that "the bandages are pleasant to wear, fit well, and are much more hygienic than other remedies since they are washable." Bandages are adjustable to fit any size. Average weight of bandages is less than 3 ounces.

How MEDIPOLAN Is Used -

MEDIPOLAN Bandages are permanently shaped to fit that part of the body where pain is felt. You apply the correct bandage, which remains in place without slipping or irritation.The electrical "field" goes to work at once, reducing the sensitivity of nerve endings and thus decreasing and eliminating pain.

This miracle is accomplished NOT by heat but by the amazing effect of an electrical "field" on the human body. Inflammation disappears, pain is eliminated and the affected area is useful again. And all this results within days or even hours!

Continue Your Routine

Wear the bandage while at work, play, leisure or sleeping. The electrical "field" remains constant and cannot be destroyed by washing. When pain disappears, discontinue the bandage. Use it again for some future problem - it will still work!

You carry your own medical equipment treatment with you wherever you are - right on the area that is paining you. Bandage is form-fitting and is virtually unnoticeable under clothing.

Now you can replace expensive medicinal and physical treatments with a simple, tested bandage that can be worn comfortably for hours, so that you can reduce your medicinal dosage and its side effects. Excellent for thermal comfort too!

Many Applications

MEDIPOLAN banishes pain in UPPER ANKLES ... KNEE and ELBOW JOINTS... LIGAMENT DISORDERS ...TENDON and MUSCLE ... RHEUMATIC DISEASES ... ARTHRITIS...SPORTS INJURIES... SPINAL and BACK PAIN...SPRAINS...POOR POSTURE.

MEDIPOLAN decreases pain ... relaxes hardened muscle system...reduces inflammation...increases blood circulation... reduces spasms ... decreases need for medication...permits mobility and activity.

BUY WITH CONFIDENCE

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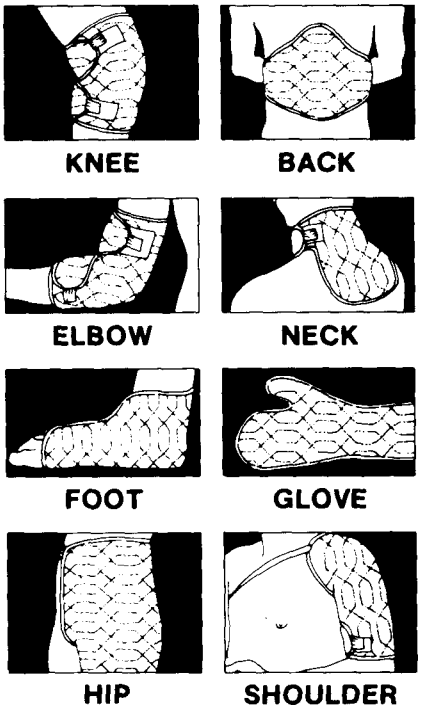

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But older readers may best remember Chon as the mischievous pen behind Brother Sebastian, the lovable character who was regularly featured in the old *Look* magazine until it, along with the old *Post* and *Life*, suffered the vicissitudes of a depressed economy and folded.

Brother Sebastian, who according to Chon, "still has quite a following," predates his nonsecular colleague, Brother Juniper. As Chon tells it, Brother Juniper's creator, Father Mac, "sent me a lot of drawings and wanted my opinion of them. I had already gotten underway with Brother Sebastian when I wrote Father Mac that he was working too hard on them and that he should throw that crow quill pen away and maybe use a crayon or a heavy line. Next thing I knew, he'd signed up for a nice, big contract."

We asked Chon if he modeled Brother Sebastian after anyone: "No, but I've heard tell that if a cartoonist draws enough, then he finally draws himself. And that *is* my handle on the CB—'Brother S.' "

Keep on truckin', good buddy.

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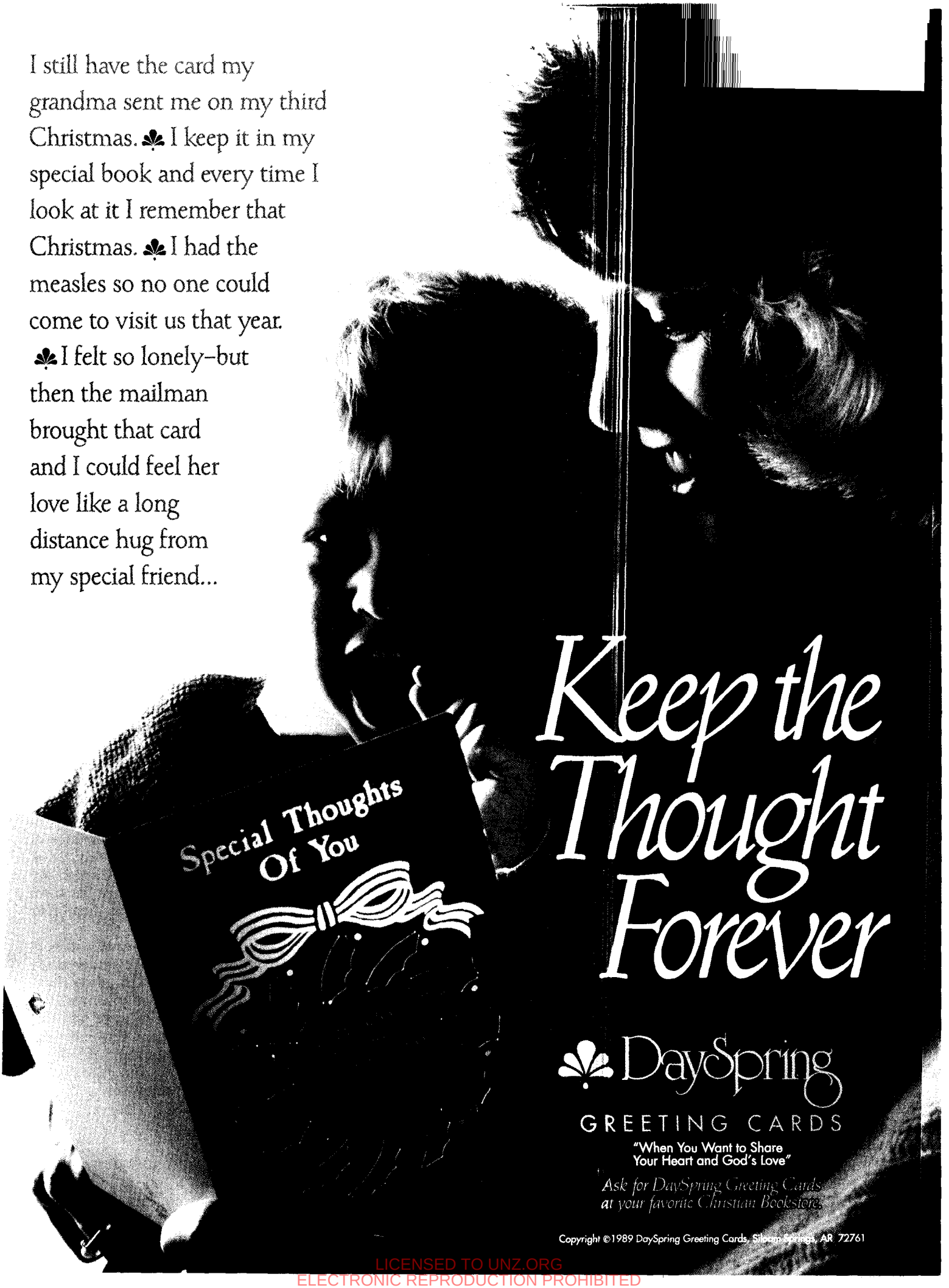
I still have the card my grandma sent me on my third Christmas. ❧ I keep it in my special book and every time I look at it I remember that Christmas. ❧ I had the measles so no one could come to visit us that year. ❧ I felt so lonely–but then the mailman brought that card and I could feel her love like a long distance hug from my special friend...



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SURPRISE PARTY

He had an idea—a Christmas idea—which was crazy. But maybe that's why it worked.

by Norman Katkov

Illustrated by Amos Sewell

You understand, this is my story I want to tell. Understand, please, that I'm talking about what happened to me in the weeks before December 18 when I was in the sixth grade at Linden School, Livingston Avenue and Delos Street, St. Paul, Minnesota.

Listen now. I was ten years old and we lived then on Clinton Avenue, which ran parallel to Livingston, two blocks east. There was Clinton, then Robert Street, the shopping block, then Livingston. From north to south there were Colorado, Delos, and Isabel streets. This was my world then, you understand: my house, the school, the playground across the street from the school, the grocer, the drugstore, the movies, all on Robert Street, and the fruit store owned by the Italian. This was my world, my orbit.

Not much of a world, was it? Just those few city blocks. My younger brother, whom I pulled around in a coaster wagon 20 years ago, could have flown over it in the war and erased it with one bomb. Not his bomb load, you understand, but just one bomb.

Still, I know of no ordained geographical limit for tragedy. Nor is there a chronological basis for grief. We can get it at any age, can we not?

I remember it as well now, in this winter decades later, as when it happened. I remember shining the Sam Browne belt each night, rubbing the badge with my ma's silver polish. I remember the discarded Al Smith buttons we wore; they were blue and white. I didn't remember the Italian's name, though. We always called him "the Italian," and when I began to think of telling the story, I called my ma in St. Paul and she remembered.

"Ma," I said, after the hellos and how-are-yous. "Ma, you remember when we lived on Clinton Avenue?"

"Yes, Joe. Of course."

"You remember the fruit store on Robert Street? An Italian ran it, and we called him 'the Italian.' "

"Yes, Joe, yes. Why, Joe?"

"What was his name, ma? Do you remember his name?" I asked.

"His name? His name? Yes. His first name was George. George—George—George Paradino."

Paradino. Sure, the Italian. George Paradino. Sure.

"Joe? Joe, why?" she asked again.

"You remember the year I was a school cop and I had the second grade to take care of? You remember what happened, ma. You remember."

"I'll never forget, son," she said.

"Well, I want to tell it. I want to write it now."

"Yes, Joe," and her voice was soft. "Yes, Joe," and her voice was gentle. "Yes, tell it, Joe."

You see, she was in on it with me too. Right from the start, although it was my idea. You see, now, at 30, I remember it all as though it were happening to me now, today.

Understand, at 30 I don't want to tell you about Santa Claus. Not about Santa Claus, nor about miracles, nor about angels, nor about——. Well, listen now.

The second-grade kids were my responsibility that term. I met them at Robert Street every morning, took them across with the metal sign we carried, and took them back at lunch. I crossed the street with them four times each day.

You see, I'd been made a school cop just before Thanksgiving, when Johnny Albertanti moved up on Hamline Avenue. His family moved and he changed school, so there was this extra belt and badge. I remember the day Miss Thompson, our principal, called me in, and she said, "Joe, would you like to be a school policeman?"

"I think so." Holy smokes! A cop! Holy kopoly, a cop!

"You think so?"

"I mean, I'd like to, I guess."

"You guess?"

"Well, cripes!"

"Cripes?"

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I can remember my life broken, my world shattered, the years to come shadowed always by this horrible, horrible thing that had happened to me.

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"Gee, Miss Thompson," I said, I remember looking out of the window behind her and reading the sign, RIVERVIEW COMMERCIAL CLUB; reading the letters slowly to myself, pronouncing each letter, trying somehow to get my stomach together and my throat clear and my lips wet so I could say what I wanted to say.

"Gee, Miss Thompson!" A badge! And the belt! Holy smokes, wearing the belt all the time! Cripes, the belt!

She laughed, then, at last. Smiled at me and laughed, put her arm on my shoulder and led me to the outer office, to her secretary's desk. There lay the belt and there, propped against a thin glass vase, No. 869—I'll never forget the number—was the badge. There was my badge.

"You'll have the second grade, Joe," she told me, "and at noon hour you are to report to Frank Kazaley, who will instruct you in procedure."

"Yes, ma'am." He didn't have to instruct me. Every day, crossing the street with the other kids, it was I who always stood in the center, arm high with the metal sign, the cars stopped on each side.

"All right, Joe."

"Yes, ma'am." Instruct me!

"All right, Joe."

"All right, ma'am."

"You may go, Joe."

"Yes, ma'am." You understand, I couldn't move. Eight cops and 300 kids, and me one of the eight.

"Joseph, will you get back to your class?"

"Yes, ma'am."

She saw it then. She saw it on me, I guess. She smiled; she picked up the belt and came toward me, slipping it over my shoulder, and then she pinned the badge on the belt. Was ever brave warrior knighted by so gracious a queen? Was ever subject so completely the slave of his sovereign, and can I tell you, even now, how I felt that day?

I had won sprint races in St. Paul playground track meets. I had been to summer camp, and my uncle had taken me up in an airplane, an open biplane. He had bought me skates, and Tom Mix had autographed his picture for me, right there on St. Peter Street at the door of the Orpheum. But the belt! The belt and the badge!

So I was a cop. I was a good cop, and I wanted to be the best cop, and I guess maybe I was. The week before Thanksgiving everybody in our room chipped in and Miss Morgan, our teacher—she was young and red-haired and had a boyfriend; he was gym teacher at Clinton Junior High—Miss Morgan bought a present for each of us, and cakes and apples and small colored cookies. We had a party after two o'clock; we skipped music and math that day. Our room was about the happiest in the school that day, I guess. Maybe the happiest in the city.

I told ma all about what happened in Miss Thompson's office that night at home. I told her about my idea. We'd been the only room to have a party, and I said I wanted to have a party for my wards, for the second grade. I remember I was sitting in the kitchen watching her iron, a glass of milk beside me, and my homework and a book of Ralph Henry Barbour's. I wore the belt, and the badge was propped up against the milk.

"I'll give the party, ma."

"You, Joe?" She dipped her hand into the glass on the ironing board and sprinkled water on a shirt.

"I can do it, ma. I can do it."

"You are not the teacher, Joe." She was always patient with me, listening always and talking everything out with me.

"Well, ma, listen." I sat beside the kitchen radiator. "Listen, ma; when Miss Morgan talked to us about the Thanksgiving party, she said we'd all pitch in and she got everything for us. Well"—I spread my arms wide and the milk sloshed over—"well, I'll do the same thing. I'll get money from my kids and hold it, and then, the last day of school before Christmas vacation—well, I'll buy them things and it'll be a surprise. Nobody will know and the teacher will be surprised."

I could see me then, sitting there by the radiator and drinking the milk, up in Miss Thompson's office. I could see me there with the belt and the badge, Miss Morgan being called up and the second-grade teacher, Miss Le Tourneau, she having come to tell Miss Thompson about it, all three of them there. I could see myself standing before them, and Miss Thompson telling Miss Morgan the whole story, and Miss Morgan taking me to our room and telling my class the story. I could see me then taking the second graders across Robert Street that afternoon, and next year—cripes, next year maybe captain. I'd be captain! Captain of all the cops and march in the school-cop parade holding the Linden School flag.

"Holy kopoly, ma!" I was filled with the thought of this great adventure. "Holy kopoly! Cripes, ma! Don't you think so, ma?"

She set the iron on end and came toward the table. She turned then, I remember. I remember all this, you see. She turned and went back to the ironing board, pulled the cord from the socket, and then came to the table.

I had my scratch pad before me, and a pencil, and I pulled a chair for her over next to me. "See, ma," I said, "I've got 30 kids; there are 30 kids in class. I know that. I've got their roster here," and I reached behind the Sam Browne belt, unbuttoned my shirt pocket, and got the mimeographed roster out for her. "Well, there are 30 of them," I said, "and what I'll do, I'll take two cents a day, and five days a week . . . and how many weeks until the 18th, ma? Do you know, ma?" I got up and went to the grocer's calendar hanging high on the wall above the telephone on the kitchen-cabinet shelf. I stood on a chair and counted the days, and there were 20, all right.

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I figured it out there on the scratch pad, and it was $12. Cripes, what I could buy with $12. I thought then of a baseball glove or bat for each boy and a doll for each girl, and then ma said, "You, Joe."

"Me?"

"Yes, son, you must pitch in too."

"Me?"

She nodded, her eyes soft as only her eyes could be—the brownest, softest, most gentle, kindest eyes I've ever known. "You're not only the manager, Joe," she warned. "You can't be just the treasurer. You must also pitch in."

"O.K., then. Swell. I'll put in two cents a day."

"A nickel, Joe," she said and smiled at me.

"A nickel?"

"You are in the sixth grade, Joe, and they in the second."

"But a nickel!"

"Your allowance is larger."

"Allowance. I haven't got any allowance. Cripes, we can't afford allowances, ma. Gee, ma, you're trying to spoil it for me."

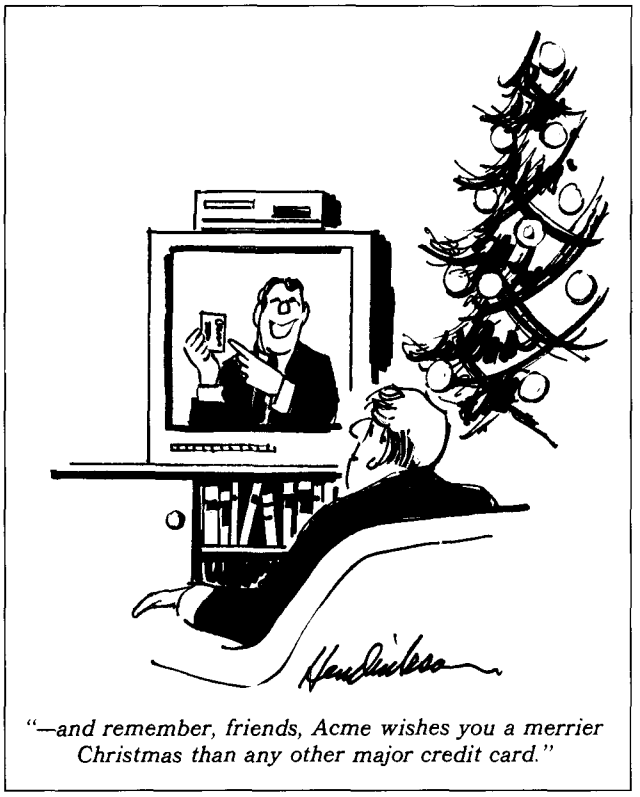
She never became angry with me. She reached into her apron pocket then and got her coin purse. She opened it there on the table and she found a quarter, and she said: "Here, Joe; this is for the first week. Here is your pitch-in for the first week, and Monday you begin your pitch-in from the second grade." Maybe she didn't speak grammatically, my ma, but she was some ma. Take my word for it, friends, she was some ma, all right.

That night in bed I went over it and over it and over it. I was so pleased with myself that night and all day Saturday and all day Sunday. Sunday night I could barely sleep. I was reading in bed and my ma came in with some apples. She sat on my bed and we ate the apples, and then she took the book. She said to go to sleep, but I'll tell you now, it must have been near dawn when I stopped thinking of my plan.

I was on Robert Street at seven-thirty. I was supposed to be there at eight, but I came at seven-thirty and I told the kids to meet me at lunchtime. As I took each group across the street, I told them there'd be a meeting of the second grade at lunch hour behind the Delos Street precinct station.

I remember now how enchanted they were with the idea. At noon I showed them the quarter and said this was my first week's contribution. I put it in my cap, holding the cap before me, and then each of them, the girls pulling at the knots in their handkerchiefs, the boys taking off their mitts, their money in the thumb of the mitt, each put his or her pennies in the cap.

I hadn't thought it would work out so easy, and I ran home with the money, down the middle of Delos Street, running stiff-legged, so as not to jostle the coins. I counted them while I ate. There was 85¢, all right—60 from them and my quarter. I had to eat quick and get back to the corner, so I gave the money to ma.



"—and remember, friends, Acme wishes you a merrier Christmas than any other major credit card."

I was full of my secret that afternoon, but had made the second graders promise they would not tell; each of them nodded solemnly at me, their lips tight.

That day after school, after we'd got all our classes across the intersection, there was a cop meeting in Miss Thompson's office. She talked about our deportment. Our deportment must always be the best, she said, in school and during noon hour, and even after school. Even on the playground or even at the movies or if we were downtown with our mas, we had to behave like leaders, because we were leaders, she said. Then she made hot chocolate for us on the electric plate she had, and afterward, between the eight of us, four on each side, we walked with her to Robert Street, eight of us across Robert Street, holding up traffic while Miss Thompson crossed. She bowed to us when she had crossed the street, and I hurried home to tell ma.

That night after supper, when the dishes were finished, ma gave me an empty tea can. She bought tea in red, maybe six-inch-high, tin cans, and this was to be my bank. I got a slit in the top with a chisel and hammer, and then ma wrapped it—the can—in red and blue crepe paper she had up on the shelf in the closet. She taped it up all pretty, and I dropped the coins in one by one. I took the tin bank to bed with me, and I lay there shaking it quietly, I thought, until I dropped off to sleep.

That first Saturday, after a week of collections, ma took me downtown to the dentist. Afterward, still feeling the drill in my mouth, we walked to Seventh Street and the department stores. I guess that in my head I bought everything I saw there that day. The windows were full of toys. I'd never been touched one way or the other by these displays, because always, without ma telling me, I knew how meager our Christmas would be. I don't even remember my father; he died when my brother Phil was born, and I guess we were pretty poor.

I sure got crazy that day, though. Cripes, I wanted to get everything for those kids, and ma took me from one store to the next, and never said a word, never put the damper on my talk. I did it myself, coming home on the South St. Paul trolley. My teeth had stopped aching then, and I said, "I can't buy that stuff for the kids."

"No, son."

"Gee, I must be nuts thinking of that stuff."

"One day, Joe."

"Yeah? When?" We were crossing the bridge, and I watched a barge coming down the Mississippi, and I

continued on page 72

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BEHOLD... THE VIRGIN MOTHER

The tale of The Inn has inspired the art and lifted the spirit of mankind for nearly 2,000 years. Three priceless masterpieces on the sacred theme are offered here for matting and framing.

And it came to pass in those days, that there went out a decree from Caesar Augustus, that all the world should be taxed. (And this taxing was first made when Cyrenius was governor of Syria.) And all went to be taxed, every one into his own city. And Joseph also went up from Galilee, out of the city of Nazareth, into Judea unto the city of David. To be taxed with Mary his espoused wife, being great with child. And so it was that, while they were there, the days were accomplished that she should be delivered. And she brought forth her first-born son, and wrapped him in swaddling clothes and laid him in a manger; because there was no room for them in the inn. And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone about them; and they were sore afraid. And the angel said unto them, Fear not: for behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord.

—Gospel According to St. Luke

The ancient image of the Madonna is popular as well as religious, in the sense that people in the Western world have found it meaningful and beautiful for nearly 2,000 years.

The known universe was smaller when the beautiful paintings shown here were created, but, in a sense, larger, too. Heaven and earth were intertwined in daily living, and hell was far distant. It was a time which called for heroes. A man lived so noble in deed and character as to be known throughout all lands as the Lion-Hearted. Leonardo da Vinci—artist, engineer, anatomist, poet, sculptor, painter, inventor, philosopher, military scientist—finding a friend he had called upon not at home, could sketch a simple message on the door in chalk, a circle so flawless in symmetry, so perfect in nature, that only one man in the entire world could have drawn it. Even those condemned for heresy possessed a certain magnificence: Joan of Arc prayed amidst the flames for her executioners.

Such was the light which shone also in art.

The Madonna on the opposite page in "The Nativity" by Frederigo Barocci (1528-1612), is a sweet and feminine country girl, abashed by the shining moment in her life, in a scene of poetry and calm. On the overleaf (left) the work of Hieronymus Bosch (1450-1516) shows an earlier artistic preoccupation with the scenes of his native country. He was a master of detail, but the thought is imbedded in his precision. Witness the whippet-like dog in the foreground, in contemplative quiet in the presence of the Child. The third artist, the Spaniard Bartolomé Esteban Murillo (1617-1682), was another mirror of his times and of his people. His Madonna is sentimental and idealized, yet her closeness to the reality of Murillo's world lends a touch of intimacy to the religious theme.

A young virgin with a child portrays a modern-day Madonna (above), framed in wood crafted by gifted hands circa 1520. Three classic Madonnas for framing follow, by Federico Barocci (opposite), Hieronymus Bosch (page 48), and Bartolome Murillo (page 49).

So we have this precious heritage preserved in such paintings, to emulate modestly, as best we know how, the eye of photography. We have the inspiring insights of the past—almost but not quite forgotten—threading back to the story of the Madonna. One of the oldest tales of Christmas is that on the Eve, animals once more bespeak the welcome the first occupants of the stable gave to the tiny baby who appeared so miraculously among them. That may or may not be, but it is a fancy which is bemusing. It is not likely that many of us today can reenter the simplicities of nature which were once commonplace among mankind. But if you would touch the storied scenes in the stables, if you would reach out and touch the centuries which went before us, and know something of the mystery of these and all other unforgettable Madonnas, do this: Seek out some gentle animal for the sake of Christmas, and sense more truly the meaning of God by gazing into the innocent eyes of one of His creatures.

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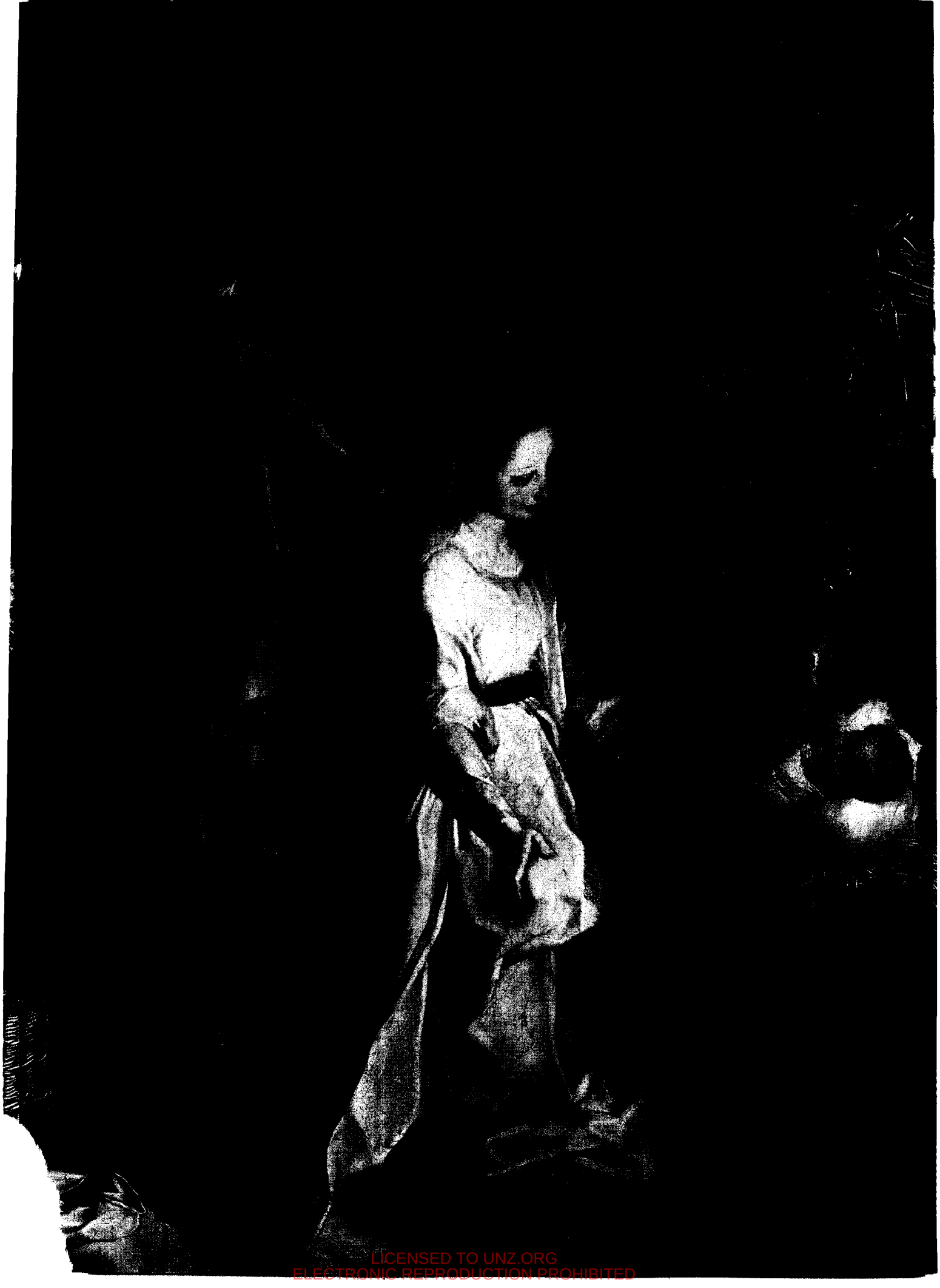

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ARNOLD: THE PIED PIPER OF FITNESS

He is taking a powerful message to every state: "Our children aren't fit . . . put physical education back into school curriculums." The kids listen.

by Cory SerVaas, M.D.

Arnold Schwarzenegger takes very seriously his role as chairman of the President's Council on Physical Fitness & Sports (PCPFS). "Physical education must be made a priority in American schools," he says, referring to the deplorable condition of today's juvenile TV-affected couch potatoes. Arnold knows only too well the dismal facts:

- Forty percent of children age five through eight are already exhibiting obesity, elevated blood pressure, high cholesterol levels, and inactivity—all coronary risk factors.
- As many as 50 percent of our children are not getting enough exercise to develop healthy heart and lungs.
- Thirty-three percent of school-aged boys and 50 percent of girls cannot run a mile in less than ten minutes.

Why is the United States experiencing a youth fitness crisis? One reason is the lack of physical education programs. There are simply not enough quality daily physical education programs across the country to enable our children to learn how to keep themselves healthy and maintain a basic level of physical fitness.

Only one state—Illinois—requires all students grades K-12 to take physical education every day. When budgets are tight, phys ed is the first to go. Yet children who are fit physically do better academically.

If you thought Arnold was all muscle and movies, you are wrong. When he isn't making movies (*Kindergarten Cop* being his most recent), he is trying to correct the distressing fitness situation by spending his time visiting schools and meeting with governors to encourage legislation that will make

The President, Arnold, and the PCPFS launched the Great American Workout last May. The event was replicated at the Fitness Farm in September.

At Arnold's summit luncheon for state education leaders, the empty place came because one VIP couldn't make it past Fitness Farm parking security. Arnie-mania syndrome!

Arnie-mania! At the press conference, an unidentified parking attendant (right) poses as a reporter.

Suzanne Timken supports Arnold.

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Cpl. Ronald Knight of the Marion County Sheriff's Department had wanted to meet Arnold, but not this way. When he looked up, he was surprised to find Arnold looking down at him. He was treated at the hospital and released.

More Arnie-mania! As we were en route to meet Indiana Gov. Evan Bayh, we happened upon an accident blocking the road. A guest driving to the farm had backed her car into an officer's motorcycle.

(Below) Gov. Evan Bayh bestowed highest Indiana honor on Arnold by making him a "Sagamore of the Wabash."

Council member Gary Visconti, from California, briefs Arnold on the Fitness Fair program. Visconti, world figure skating champion/Olympian, assists Arnold on his tours to promote physical education.

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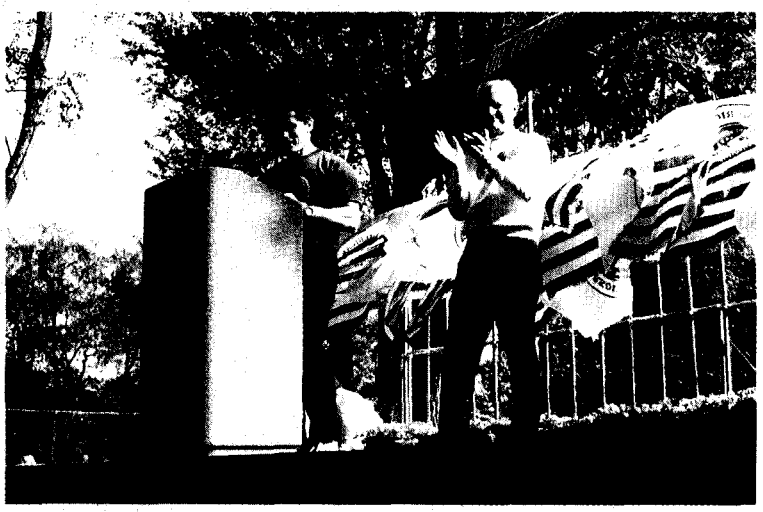
Arnold did jumping jacks at a station led by Lt. Col. Sam Pride (right) of the U.S. Army Fitness School.

Indianapolis Mayor William H. Hudnut III gives Arnold a "Schwarzenegger-sized" key to the city and cheers his fitness-education crusade.



While Suzanne takes questions from the press, Arnold, a born comedian, responds to a little window peeper, Josh Wilhoite.

Arnold insisted on personally awarding President's Challenge badges to each student who had earned this prestigious honor.

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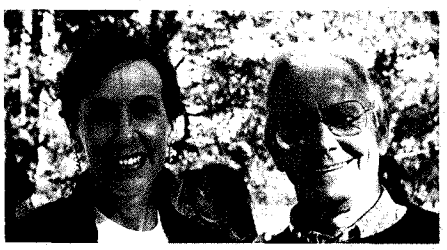
Aerobic dancers recruited from Sen. Dick Lugar's Health Fair were featured in the big tent.



Council members Christine Silkwood, of Houston, Texas, and Dr. Warren Giese, of Columbia, South Carolina.

One of the performing California Raisins gives a high-five to a fan.

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Tennis pro Nancee Weigel (center), after volunteering with hearing-impaired children at the fair, plans to set up a tennis program for the Indiana School for the Deaf.

Special Olympics children enjoyed Coach Schwarzenegger's encouragement. "Throw it again, right in here," he told Tony Lovins.

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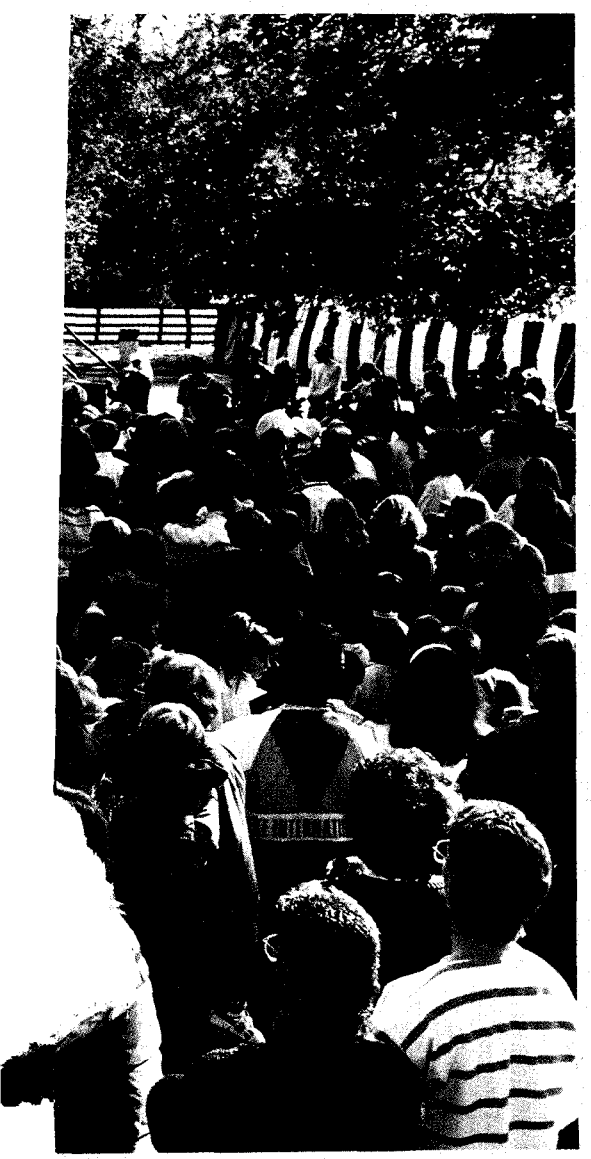
A volunteer at station number one on the Fitness Trail teaches these muscle stretchers the importance of warming up.

Children from 22 central Indiana schools hit the 200-meter track on the Fitness Farm.



Eighteen stations on the Fitness Farm included taekwondo, race walking, soccer, t-ball, Special Olympics, and tennis for hearing impaired children.

Purdue University Extension Service volunteers helped teach children how to keep fit with a shovel while helping to keep our planet green.

More than 3,000 children and volunteers heard Arnold say, "Turn off the TV and stop feeding your face with junk food."

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The four fastest mile-runners in the President's Challenge vied for a special prize on the 200-meter track.

The race pitted children from Spring Mill and Crooked Creek, two Indianapolis elementary schools dedicated to student physical fitness.

Lola Briley, a fifth grader from Crooked Creek School, passed fellow student Colin Sipes for an early lead.

daily physical education classes mandatory for all students grades K through 12.

In scheduling his swings through six to eight states at a time, Arnold not only meets with the governor, but also visits a school and holds a summit meeting with education leaders such as the state superintendent of public instruction, the state PTA president, and key legislators.

As a member of the President's Council, I knew that Arnold and the other members would be impressed with the sports and fitness facilities in Indianapolis if we could hold a meeting here. Because Indy prides itself on being the amateur sports capital of the nation, it wasn't difficult to convince the PCPFS executive director, Wilmer Mizell, to look us over and consider my invitation to host the council and staff. Wilmer "Vinegar Bend" Mizell, baseball celebrity that he is, was warmly received by the sports family in Indy, and he paved the way for transporting the staff to Indianapolis for the meeting.

The Council would meet at the National Institute of Fitness and Sport on the Indiana University/ Purdue University campus, where a state-of-the-art workout gym was sure to please the Council members and

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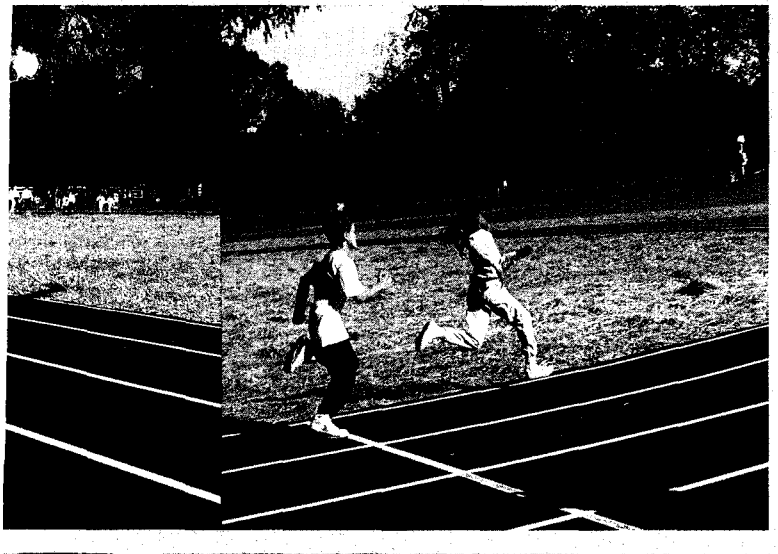
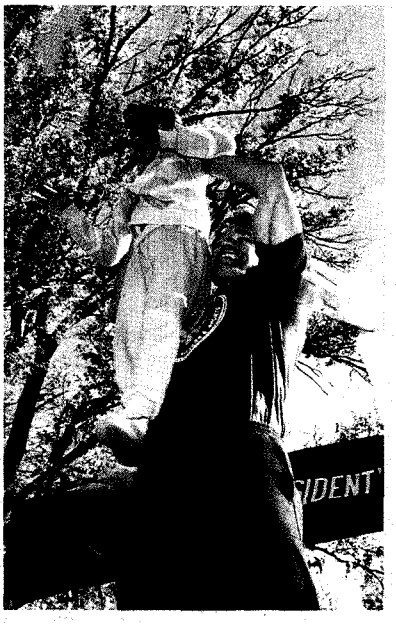
Lola crossed the finish line with time to spare; she won a new computer for her school and congratulations from Arnold Schwarzenegger.



Following her victory, superkid Lola got a big introduction from superstar Arnold, as well as a computer for her school donated by Service Merchandise.



Bench-pressing the winner was all in a day's work for the President's Council chairman.

Lola took celebrity in stride. A good student, she hopes to become a veterinarian or an athlete.

Arnold led Lola around the track with 3,000 strong following the pied piper.

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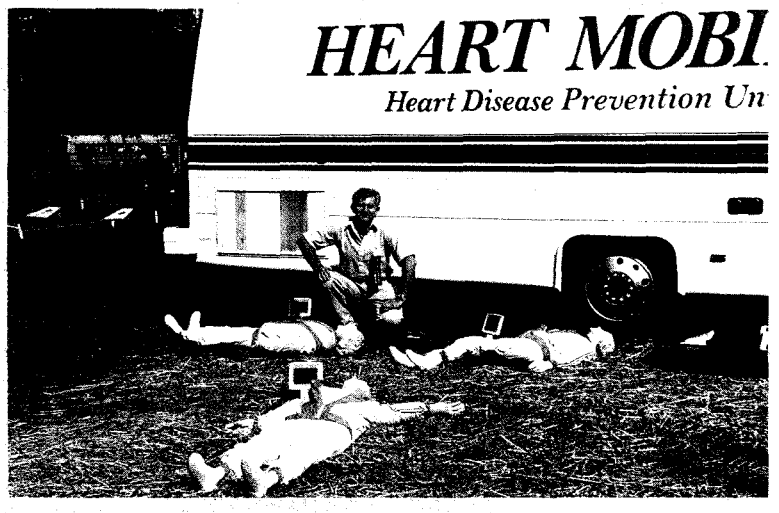
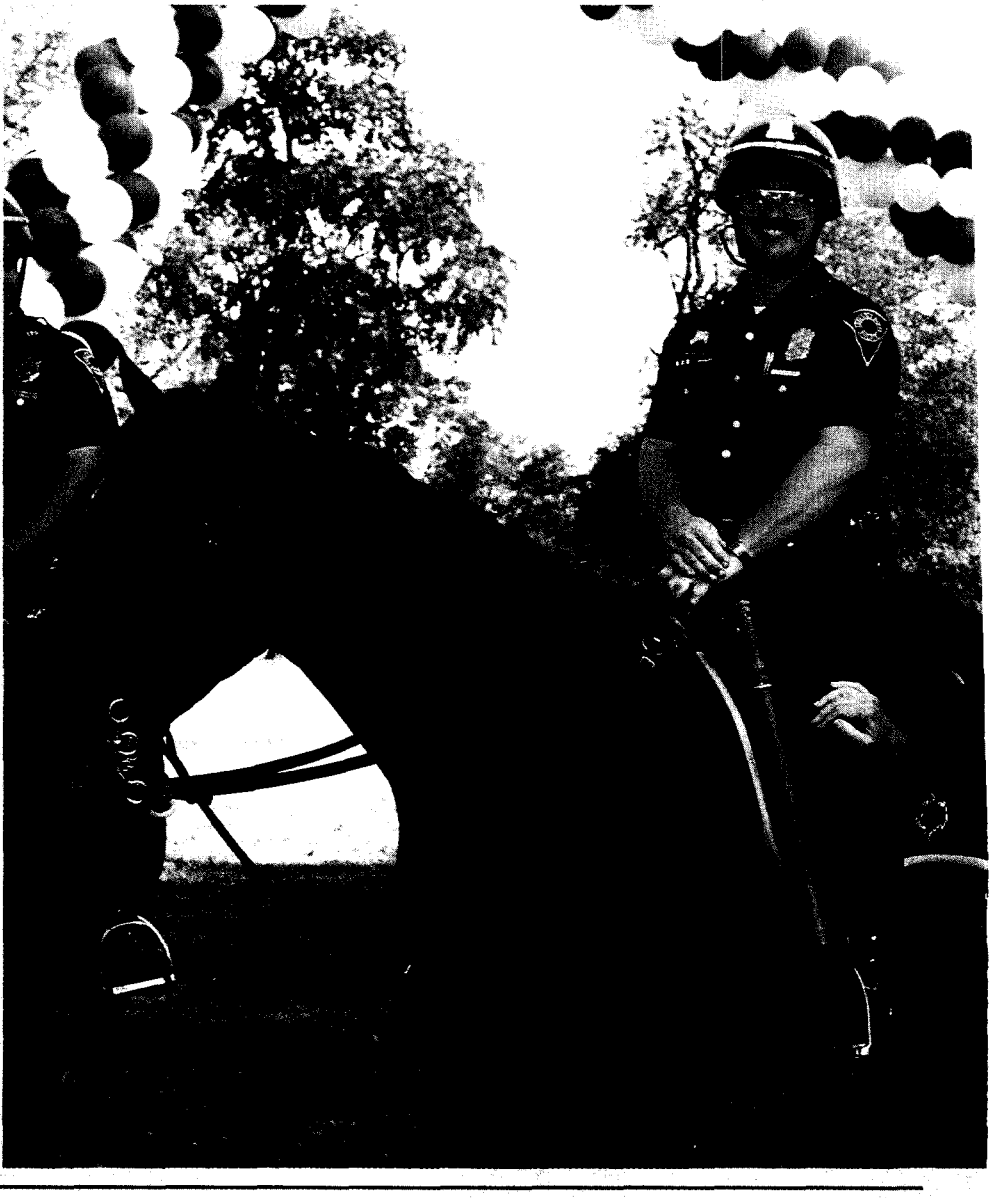
Pediatrician Jerzy Jaskiewicz provided instruction on CPR and performed children's free cholesterol checks when any parents requested them.



Future members of the Sheriff's Horse Patrol practice "riding the range" of the Fitness Farm.

Council member Pam Shriver taught tennis. York Onnen of the Council staff sent rackets for students from the Indiana School for the Deaf. Kellogg's sent Tony the Tiger baseballs and goodie bags for all.



The president of the Indianapolis City Council, Dr. Beurt SerVaas, welcomes mounted officer Lester Stevens to the Fitness Farm. Dr. SerVaas is also chairman of the National Institute of Fitness and Sport, which hosted the President's PCPFS meeting the following day.

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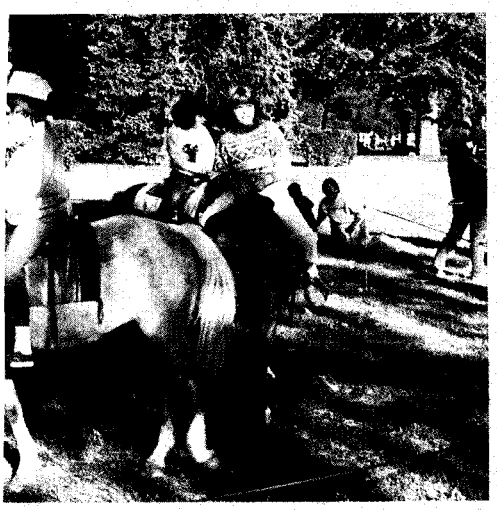
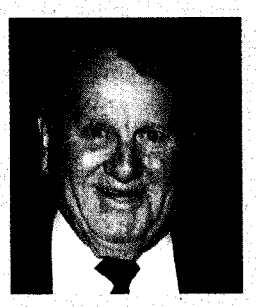
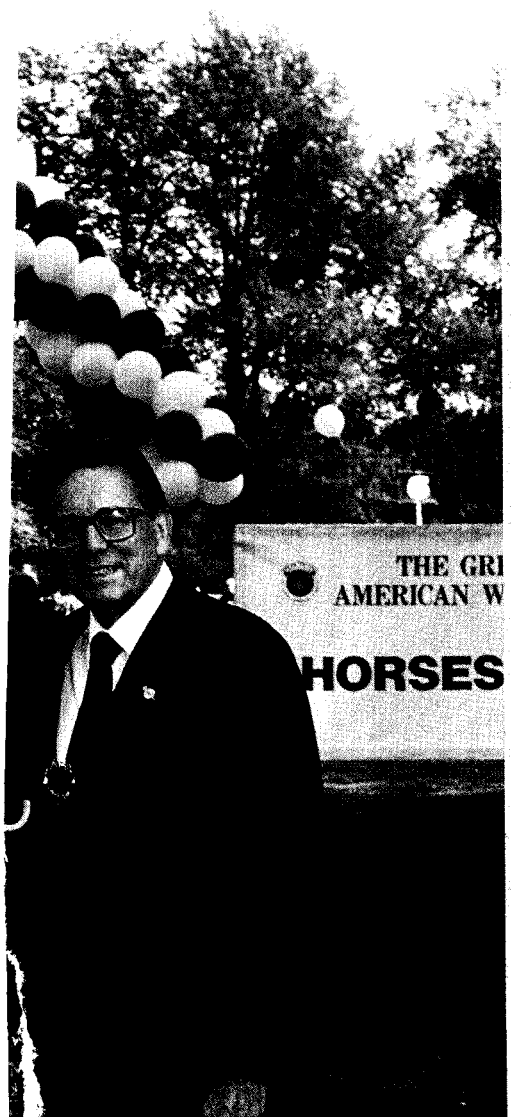


Performing at the dinner dance were exercise enthusiasts Drs. William and Marion DeMeyer from the Indiana University Medical School faculty.

Kemmons Wilson, founder and former CEO of Holiday Inns, is a strong advocate of ballroom dancing and tennis for seniors.





T George Harris, founding editor of American Health, *and now editor in chief of the Children's Better Health Institute, has some exercise advice for* Post *editor. A kick-off "Saturday Evening Ball" for senior citizens is in his plans.*

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staff who take workout facilities seriously.

Once that had been established, it seemed fitting that the Children's Better Health Institute would host a Fitness Fair at the Fitness Farm so that the Council could repeat in Indianapolis an event like the Great American Workout, which had been staged on the south lawn of the White House last May.

We'd been holding such events for children at the Fitness Farm for years. It seemed no problem to pull a list of members of the Children's Better Health Institute in our area and invite them to a "Pump Up with Arnold" Fitness Fair.

How do you schedule a *little* fitness fair when word leaks out that Arnold Schwarzenegger and the President's Council on Physical Fitness & Sports will be in attendance? The answer is, you don't. In Arnold's presence, everything takes on the proportion of his Schwarzenegger biceps—large. Had it not been for lack of space on our Fitness Farm, no less than 100,000 Hoosier children would have been clamoring for a chance to work out with the celebrated "Pied Piper of Fitness."

As it was, fitness people we hadn't heard from for years called during the weeks preceding this "Pump Up with Arnold" extravaganza. The United States Army Physical Fitness School from nearby Fort Benjamin Harrison volunteered to bring fitness stations and equipment. The Boy Scouts, with all the strength of their Eagles, volunteered their brightest and fittest. (Many of our community leaders, including Sen. Dick Lugar and City Council President Beurt SerVaas, were Eagles.) The 40-piece 74th Army Band volunteered to play; the Purdue University Extension offered to send staff to help children learn to plant trees.

York Onnen, the director of program development for PCPFS, obtained 200 junior tennis rackets to be donated by the U.S. Tennis Federation to children from the Indiana School for the Deaf. The race walkers would come. The champion

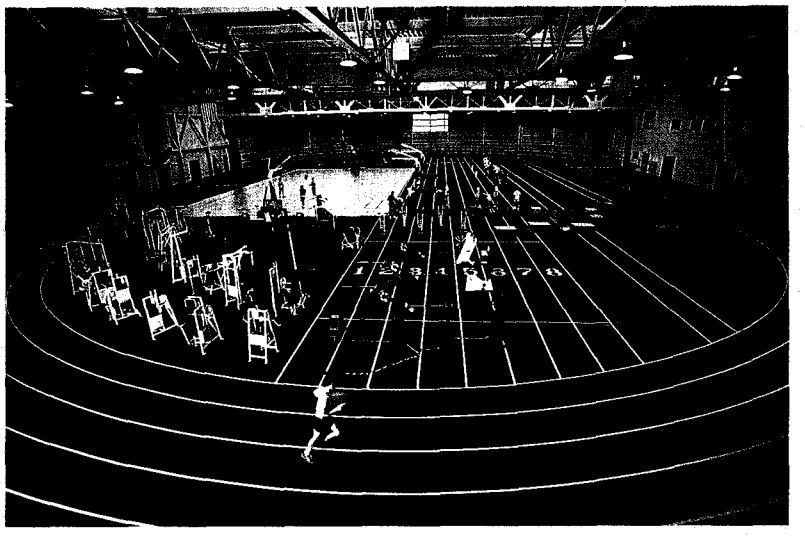
continued on page 107

At PCPFS meeting, Myrna Partrich cracks up after Arnold makes a point with humor. Councilors from left: Gary Visconti, Dr. Warren Giese, and George Armstrong.

Executive Director Wilmer Mizell modeled new President's Challenge attire.

Mike Willett of Indiana University displayed new posters for President's Challenge.

Dr. Matt Guidry is director of community and special projects for PCPFS.



At the National Institute of Fitness and Sport, Arnold liked the open workout area. The Institute was destined to be the official U.S. Fitness Academy in 1983 and was built by local efforts when the then Council chairman decided to build such an institution in California instead.

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HOW TO JUMP-START YOUR KIDS

This Christmas lure them away from the TV set with active toys, such as bikes, pogo sticks, jump ropes, and swing sets.

by Carol Krucoff

Before I became a parent, I swore no child of mine would consume fast food or watch junk television. Today I blush to confess that my 19-month-old daughter craves chicken nuggets and my 4½-year-old son's favorite TV program is "Teenage Mutant Ninja Turtles."

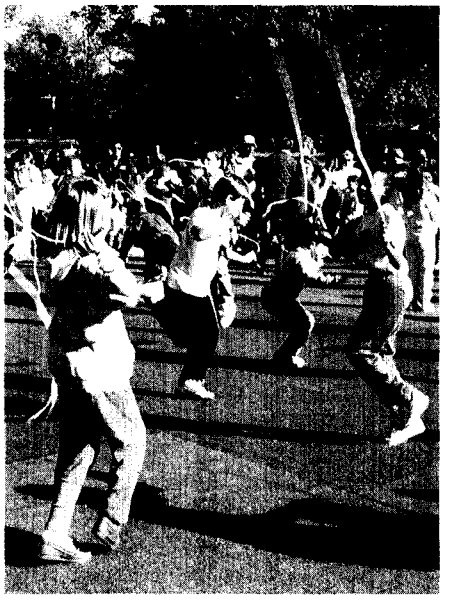
So I'm intimately acquainted with the temptations that are causing more and more American kids to be overweight and underfit. The lure of video games, computers, and television, coupled with fatty foods and sugar-laced drinks, is creating a generation of children whose health is at risk. The statistics are alarming:

- Younger children weigh more and have more body fat than children the same age did 20 years ago.
- Fifty-five percent of girls can't do even one chin-up.
- Most startling is that children today are displaying heart risk factors, such as high cholesterol and high blood pressure, commonly associated with middle-aged adults.

"Childhood obesity is, at minimum, a major public health problem," writes Debra Giel, an assistant editor of *Physician and Sports Medicine*, in a recent issue on youth fitness. Her recommendation: "Lifestyle changes [i.e., regular physical activity and a healthful diet] during childhood to prevent the development of obesity and other risk factors for cardiovascular disease."

Such changes aren't always easy, as any parent who has tried to turn off the TV during "She-Ra, Princess of Power" will tell you. Even in summer, when homework is nil, air-conditioned arcades often win out over playgrounds.

The secret to getting kids moving, says former teacher and marathon runner Don Kardong, is to "be active yourself. If you sit around and watch TV a lot, it's hard to convince your



kids to do differently."

This fact is confirmed by the U.S. Pubic Health Service, which found that the least-fit kids were those who watch more television, have less active parents, and participate less in community activities.

"Find ways for your family to enjoy each other while you get in shape," says Kardong, a father of two and co-author of a running guide for children and their parents. "Swimming, walking, biking, and badminton are all things the whole family can do together. Even if your kids are so small they've got to ride in a stroller, take them along. They'll get used to seeing you exercise and learn to view fitness as a normal part of life."

Lifetime fitness is the goal, say experts, who urge parents to think of exercise as a habit that lasts forever. To get kids moving, try these ideas:

- Choose active toys. Pogo sticks; jump ropes; roller skates; bikes; Frisbees; balls; and swing sets with rings, ropes, and pull-up bars will help develop kids' muscles and aerobic capacity.
- Combine exercise with social time. Walk with your kids before or after dinner and talk about the day.
- Move at the pace of the slowest in your group. The surest way to discourage kids from keeping up is to leave them behind or push them beyond their ability.
- Focus on fun. Encourage activity for its own sake, not for winning. Let your children set their own goals.
- Seek advice of a professional if your child is interested in serious training for a specific sport. Proper instruction will help your child learn to move properly and avoid injury.
- Never *urge* a child to compete, but if he or she is old enough and skilled enough to decide to compete, be supportive. Cheer your children's efforts; be proud of their successes and sympathetic to their failures.
- Remember that children are more susceptible to heat stroke than adults. During the summer, exercise during the cooler parts of the day, in the water, or indoors.
- Find ways for kids to enjoy themselves while getting in shape. Let them run under the sprinkler, dance to music, play freeze-tag, or join a program at a recreation center.
- Take your kids to a school track and let them walk or run around it with you. Bring a tricycle or toys for younger kids so they can play in the center while you run.
- Set aside 20 minutes a day for a family workout with varied exercises, and chart everyone's progress.

If you've found a kid-moving strategy I've missed, please write. Remember, I'm trying to tame the TV monster too.

The author is a beautiful red-haired freelance health-and-fitness writer who traveled with Arnold's entourage on his tour of the Midwest. Married to a cardiologist, she lives in North Carolina. Her column, "Bodyworks," appears regularly in the Washington Post.

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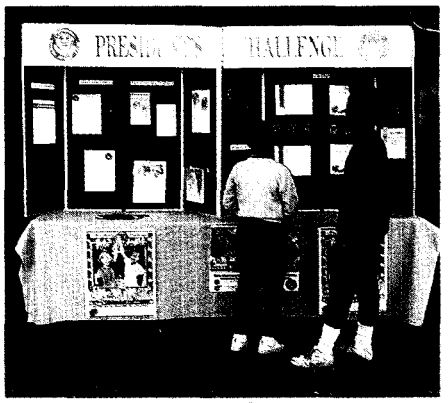
Qualifying Standards

	AGE	CURL-UPS (timed one minute)	SHUTTLE RUN (seconds)	V-SIT REACH (inches)	ONE-MILE RUN (minutes/seconds)	PULL-UPS
BOYS	6	33	12.1	+3.5	10:15	2
	7	36	11.5	+3.5	9:22	4
	8	40	11.1	+3.0	8:48	5
	9	41	10.9	+3.0	8:31	5
	10	45	10.3	+4.0	7:57	6
	11	47	10.0	+4.0	7:57	6
	12	50	9.8	+4.0	7:11	7
	13	53	9.5	+3.5	6:50	7
	14	56	9.1	+4.5	6:26	10
	15	57	9.0	+5.0	6:20	11
	16	56	8.7	+6.0	6:08	11
	17	55	8.7	+7.0	6:06	13
GIRLS	6	32	12.4	+5.5	11:20	2
	7	34	12.2	+5.0	10:36	2
	8	38	11.8	+4.5	10:02	2
	9	39	11.1	+5.5	9:30	2
	10	40	10.8	+6.0	9:19	3
	11	42	10.5	+6.5	9:02	3
	12	45	10.4	+7.0	8:23	2
	13	46	10.2	+7.0	8:13	2
	14	47	10.1	+8.0	7:59	2
	15	48	10.0	+8.0	7:59	2
	16	45	10.1	+9.0	8:23	1
	17	44	10.0	+8.0	8:15	1

To qualify for the Presidential Physical Fitness Award, children must place at or above these qualifying scores for their age and sex in five events.



Students stop by the President's Challenge booth at the "Pump Up with Arnold" Fitness Fair.

4. PULL-UPS

OBJECTIVE: To measure upper body strength and endurance by maximum number of pull-ups completed.

TESTING: Student hangs from a horizontal bar at a height the student can hang from with arms fully extended and feet free from floor, using an overhand grasp (palms facing away from body).

Small students may be lifted to starting position. Student raises body until chin clears the bar and then lowers body to full-hand starting position. Student performs as many correct pull-ups as possible.

RULES: Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted, and the body must not swing during the movement.

5. V-SIT REACH

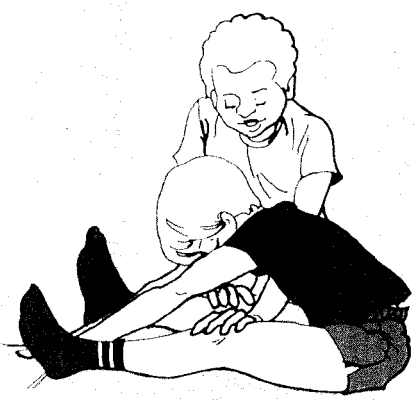
OBJECTIVE: To measure flexibility of lower back and hamstrings by reaching forward in the V position.

TESTING: A straight line two feet long is marked on the floor as the baseline. A measuring line is drawn perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half inches. The point where the baseline and measuring line intersect is the "0" point.

Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8-12 inches apart. Student clasps thumbs so that hands are together, palms down, and places them on measuring line. With the legs held flat by a partner, student slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed.

After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.

RULES: Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed).



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George Washington's Prayer for His Country

"I now make it my earnest prayer, that God would have the United States in his holy protection, that he would incline the hearts of the Citizens to cultivate a spirit of subordination and obedience to Government, to entertain a brotherly affection and love for one another, for their fellow Citizens of the United States at large, and particularly for their brethren who have served in the Field, and finally, that he would most graciously be pleased to dispose us all, to do Justice, to love mercy, and to demean ourselves with that Charity, humility, and pacific temper of mind, which were the Characteristics of the Divine Author of our blessed Religion, and without an humble imitation of whose example in these things, we can never hope to be a happy Nation."

(Adapted from Washington's Circular to the states, written from his headquarters as Commander-in-Chief at Newburgh, New York, on June 8, 1783. This circular was directed to the Governors and States of the new nation; his reference to them has been replaced by the words "the United States." Otherwise the words and spelling are those of General Washington.)

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THE PLAY'S THE THING

by Maynard Good Stoddard

Illustrated by Don Trawin

If you think the sound barrier is broken only by a man hitting his thumb with a hammer, then you've never heard the vociferation of a ten-year-old busting through the front door to vociferate to the family and to every other family within a three-block radius: "*I'm in the play!*"

After all these years of family folly and frustrations, this particular episode should have long been relegated to the vast burial ground in my skull's upper chambers. But at this season of the year, with its hubbub and extra drain on the family finances, I have no trouble remembering The Play to its finest detail. (I mention the added expense only because this happened BCC—before credit cards.)

Anyway, after the hugging was over and the last tear had run its course, little Shari's doting mother sat down to write announcements to all friends and relatives within a 300-mile radius. Father, however, managed to keep his emotions harnessed by thoughts of if, and if so, how, he might become involved in this off-Broadway (at least 2,000 miles off) production.

There would be no question about the if. The how, however, is what keeps the event fresh in my mind to this day.

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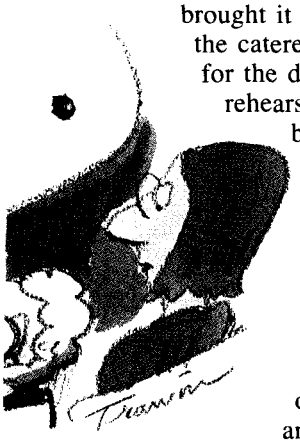
Private rehearsals for the drama, scheduled for three weeks hence, would be held at the Civic Center. Thanks to the city fathers' stupidity, Civic Center had been built, by actual count, 22 blocks from our house. Hence, someone (guess who?) would be required to make the round trip twice in a night. Or else someone would have to sit in the car in topcoat and earflaps with the engine running and the heater on high and try to read by the glove compartment light until little Shari had portrayed the role of Gloria, second attendant to Queen Glinda the Good, to the director's liking.

The effort, of course, would leave her fatigued to the point where only a hamburger and French fries on the way home saved me from having to carry her into the house. Then the round trips stepped up from one a week to three a week. And in the final week I would take my topcoat off only to go to bed.

Little Shari's mother, in the meantime, was happily engaged in shopping for the finest of exotic fabrics (if price tags are any criterion) for the costume. We're talking here of bolts of bright red yard goods, yards of silk tulle, and gold braid enough to decorate a circus wagon. Little Shari at that time weighing all of 60 pounds with rocks in her socks, one could only speculate that the seamstress had in mind having enough material left over to whip up a dress or two for herself, with maybe a matching handbag and umbrella.

Thinking the financial hemorrhaging had stopped, I foolishly stuck my billfold back in my pocket. What brought it back out were the catered luncheons for the daytime dress rehearsals, parents being on the cateree end of the expense. There was another bite on the dwindling bankroll for an 8" x 10" glossy of the cast and another of little Shari in costume, besides a dozen wallet-sizers for relatives living outside the 300-mile range.



And that should have done it, right?

Don't be naive.

"Have you got an extra five?" Shari's mother casually asked as I was hunting up my earflaps for the final rehearsal.

To my recollection I have never had an extra five. Which I promptly mentioned. "Five bucks—for what?" I asked with feeling. "Has Shari got a tapeworm or something?"

No, Shari didn't have a tapeworm or something. The cast was buying a little something for the teacher directing the production.

"I managed to get past the dance of the Sunflowers. . . . But when the Woggle Bug was showing the Winged Monkeys how fast it could woggle, I woggled off into my own private land of make-believe."

"And what do they have in mind?" I asked with even more feeling, "a little beachfront lot on Cape Cod?"

Even after coughing up the five spot, I still had hopes that by eliminating such nonessentials (compared to Shari's shot at stardom) as food, clothing, and utilities, we might get through the month without having to refinance the car.

That was before I dragged in from work on the night of the extravaganza, to be greeted by a highly suspicious burst of enthusiasm from our starry-eyed little Bette Davis-in-waiting.

"How many tickets you going to take, Dad?" she asked, tripping over the roll that reached to the floor.

"How many pins do they cost?" I asked, going along with the gag.

"Come on, Dad. They're only. . . ."

Holy smoke, the kid wasn't kidding. Those tickets were to be bought by genuine in God we trust American cash. And before I could get my tongue disengaged from the roof of my mouth, doting mother slipped into her role of Mrs. John D. Rockefeller to announce, "It wouldn't hurt us to take at least ten—it's for a good cause."

What was good about a hardworking, tax-paying, one-wife citizen going bankrupt in his prime so that the perpetrator of this event could own a waterfront lot on Cape Cod, I didn't bother to ask.

Nor did I bother to ask why the aroma of dinner wasn't infiltrating my nostrils. Who but Scrooge II would expect the mother of the star to slave over a hot microwave when she is already powdered and preened and regaled in her new bright red dress with the red silk tulle and gold braid trim? Or were the family stomachs too tense with excitement to risk taking on food? Would they prefer to eat in the calm following the play? We would eat before *and* after, risk or no risk, as I should have known. And I would skip lunch for the next two weeks to make up for the double whammy.

Shari threw up in the car on the way to the theater.

At the stage door the family all wished her the traditional happy "break a leg," then went in to occupy four of our ten paid-for seats. A full stomach coupled with exhaustion from three weeks of rehearsals, however, began to take their toll. By the time the houselights were dimmed, so was I. I managed to get past the dance of the Sunflowers, and could but vaguely recall the gyrations of the Gillikins. But when the Woggle Bug was showing the Winged Monkeys how fast it could woggle, I woggled off into my own private land of make-believe.

The next thing I knew, doting mother was jabbing me in the ribs and rasping, "She's on!"

Sure enough. Resplendently bedecked in red and gold, there stood our hopes, our fears, our dreams of early retirement, looking pretty enough to make one forget, for the moment, his many missed evenings on the sofa after dinner. And while we held our collective breaths (not a bad idea, in a couple

continued on page 72

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As thousands of our men and women face Thanksgiving and Christmas in the deserts of Saudi Arabia, the Post *reflects on past holidays of sacrifice. We send cheers and thanks to the troops and their families who must face the holidays apart.*

Norman Rockwell depicts a lonely Thanksgiving prayer with the K rations of World War II.

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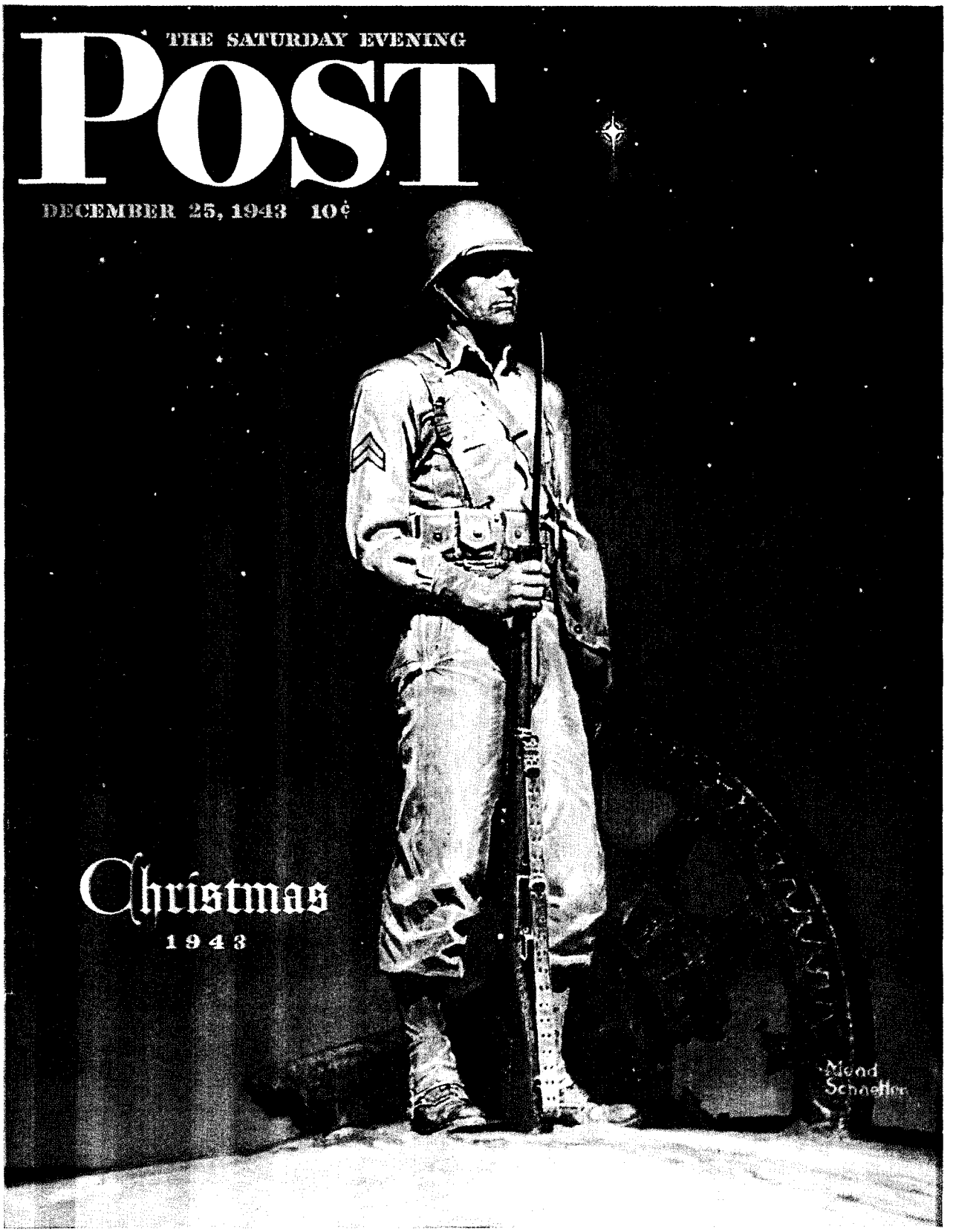

Mead Schaeffer's December 25, 1943, cover brings memories of a World War II Christmas far from the home fires.

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Joseph Leyendecker's December 1918 cover during World War I illustrates the age-old problem—how to celebrate Christmas without the better half.

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THE SATURDAY EVE[illegible]G POST

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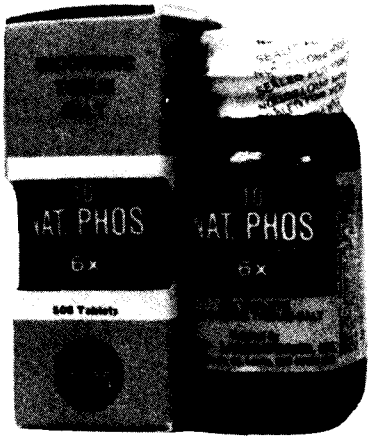

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MONEY BACK GUARANTEE! 515

The Play

continued from page 67

of cases), speech after speech after speech, there she stood, still pretty, still poised, still bedecked, still still.

Finally, leaning over to the one still holding her breath, I inquired if little Shari's role was that of a mute. The answer was another elbow in the midsection, followed shortly by a terse, "Now!"

Yes, those overly lipsticked lips at last were parting, to emit, oh how flawlessly after only three weeks' rehearsals, the dramatic words:

"Not at all, for Glinda the Good knows and sees everything!"

The curtain falls, the play is over.

Totaling the cost on the drive home, I figured it came to something like $14.50 a word—not counting doting mother's dress, handbag, and a pair of lampshades. (The umbrella didn't work out.)

Daughter Shari currently is but a dissertation away from her Ph.D., having nothing to do with the theater. As for her mother, however, she invaded my privacy only this morning to announce, "Bridget is going to be in the Christmas play!"

"Bridget?"

"Our great-granddaughter, for heaven's sake. I thought maybe I'd volunteer to help with the costume."

That is why—for your information only—our checkbook is no longer in its usual place in the top left-hand desk drawer. Until little Bridget's play is over, you'll find it stashed on the bookshelf behind Gibbon's *Decline and Fall of the Roman Empire.*

I thought it most appropriate.

Surprise Party

continued from page 45

was the captain taking her down through St. Louis and into new Orleans and out into the Gulf of Mexico.

"When, ma?"

"When you have your children, son; your own children."

"Yeah. Well, we'll have to think of something to buy those kids." I felt very old.

"You'll buy good things for them," she said.

That tin box got pretty full by the last week. There were mostly pennies and nickels, you see, and it got pretty heavy. During the day ma kept it in her kitchen cabinet, but at night, after

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supper, I'd keep it on the kitchen table next to me, holding it with my hand while I read or did my homework.

The last week the kids were on me all the time, and I had to bring some of them home with me after school to show them the box. Thinking of it now—how those six-year-olds kept their secret, not even telling their parents; never knowing, really, whether there would be a party, but, having promised, keeping their promises—thinking of it, I wonder at the trust of the very young—the simple, complete faith in whatever is told them.

Wednesday night ma and I talked about the presents, and she got it. She said what to buy, finally. I could get a huge fruit basket from the Italian. He'd fix me a beautiful basket, she said, and I could carry that into the second-grade room, bring it right in there and put it on Miss Le Tourneau's desk, and there would be the surprise. She said the Italian would wrap portions for everyone, and all of it under cellophane paper.

I got the tin box and, after the dishes, I walked to the Italian's. Do I remember him? I can tell you now how he looked—a thin, short man, always with a two-day growth of beard, and always with a white apron, and his shop the cleanest, the freshest-smelling place in all the world. He was alone in the shop when I came in, and he said, "What do I do for you, little mister?"

"I want a basket," I said. "A fruit basket."

"Sure, then. Absolute. How much money for the basket, little mister?"

I walked to the side, to a wrapping board slung beneath the orange racks, and I set the tin box down. I didn't let him help me, but worked it open myself, tearing the tape and the crepe paper, and finally pulling the lid back. He was a wise man, I guess, for I remember he let me count it all, waiting while I sorted pennies—hundreds of pennies—and nickels and dimes and ma's quarters. I counted it once and it was $11.70, and then I counted it again. He counted it the third time, and I told him there'd be $1.30 more. I told him I had some more money coming, but with the secretiveness of youth would not divulge my plot. I couldn't, you see, for I would then betray my kids and myself.

"You buy this all for the school?"

continued on page 90

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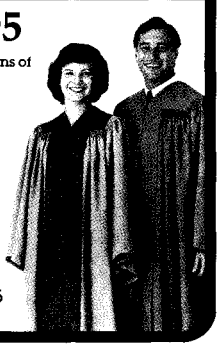

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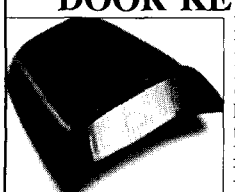

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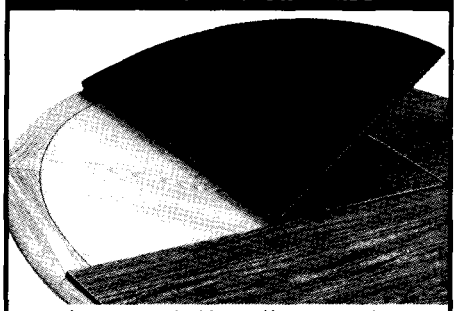

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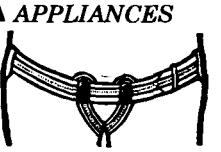

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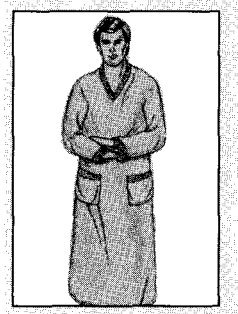

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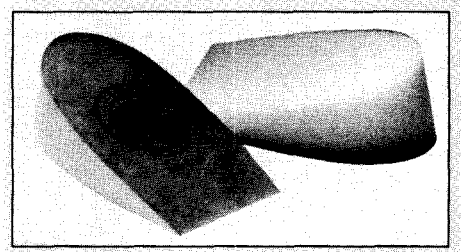

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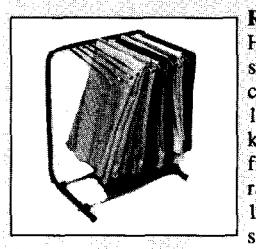

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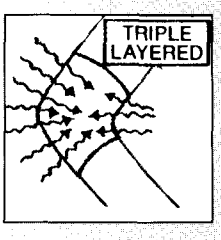

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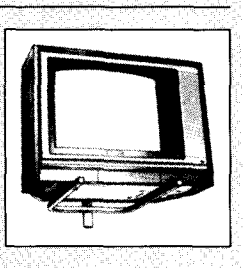

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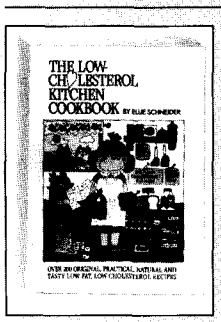

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The deadline for entering is Dec. 10, 1990. Winners will be notified on or before Jan. 20.

Says Editor and Publisher John Campbell: "Even if you have written only one poem — or have never entered a poetry contest before — this is your big chance. I want this contest to help me discover wonderful new poets!"

To enter FREE, send ONE poem *(per household)*, 21 lines or less:

Bonus Poetry Contest
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Poem Title _____

Check **Category** *best describes what poem is about:*

☐ Love and Friendship ☐ Inspiration ☐ Faith and Reverence ☐ Home and Mother ☐ Childhood and Youth ☐ Patriotism and War ☐ Humor and Whimsey ☐ Memory and Grief ☐ Nature ☐ Animals ☐ Tells a Story ☐ Other _____

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Please keep copies as no poems can be returned. Employees of World of Poetry are not eligible to enter. A winner's list will be sent to all entrants on or before January 20, 1991. Winners are selected based on judges opinion of the relative quality of the poems. The number is entries will be determined at contest close, and noted on our winner's list. Void where prohibited by law.

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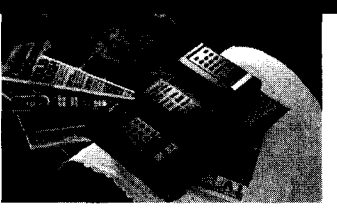

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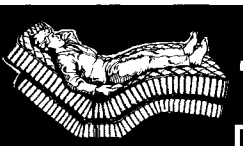

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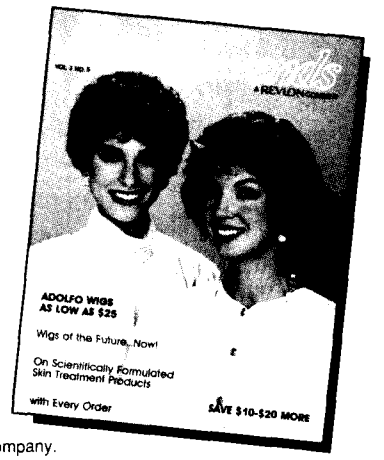
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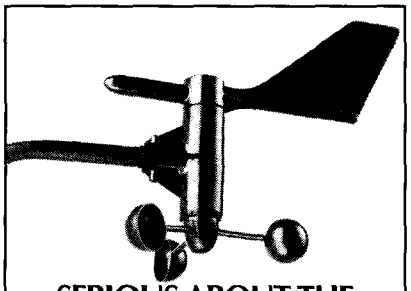

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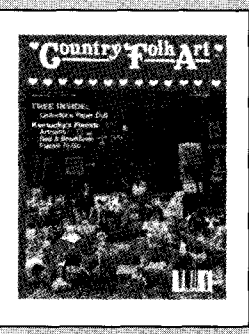

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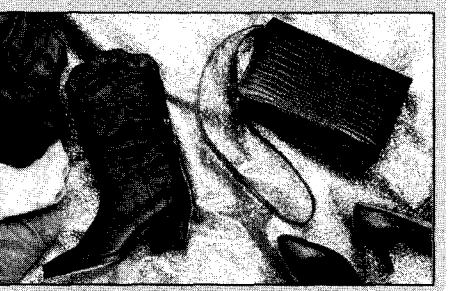

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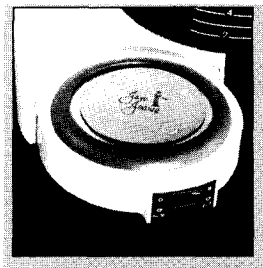

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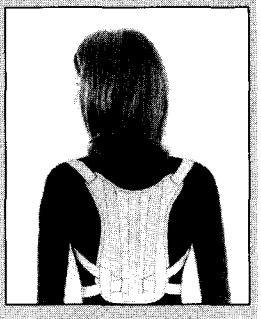

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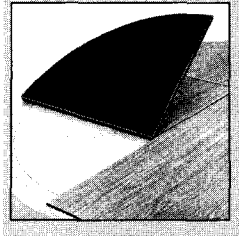

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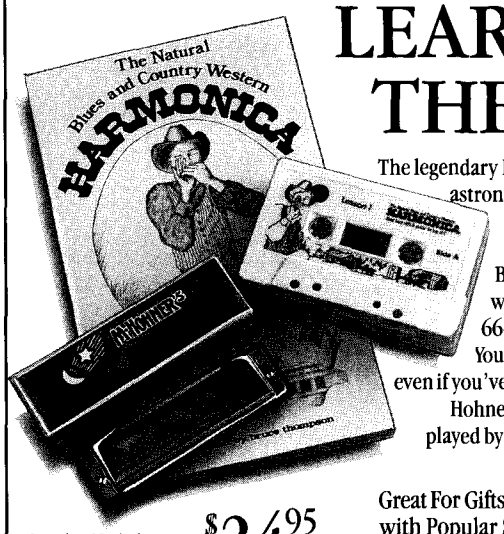

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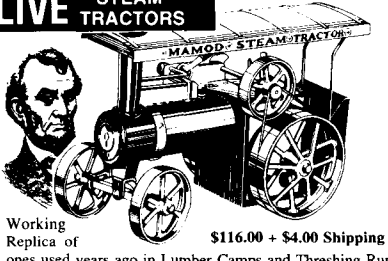

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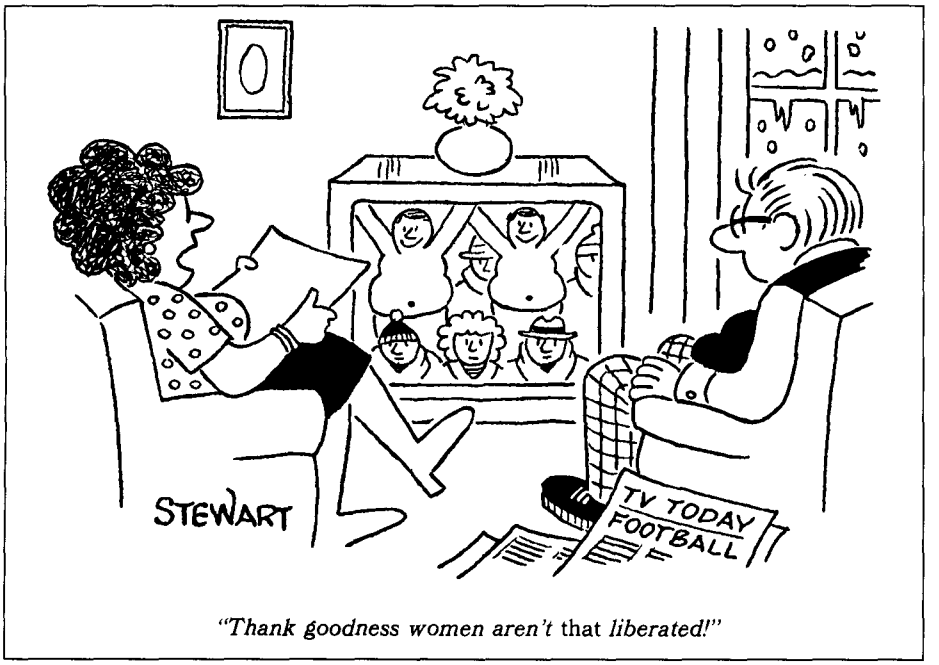

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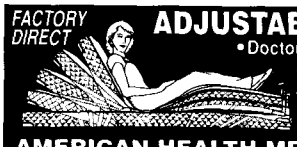

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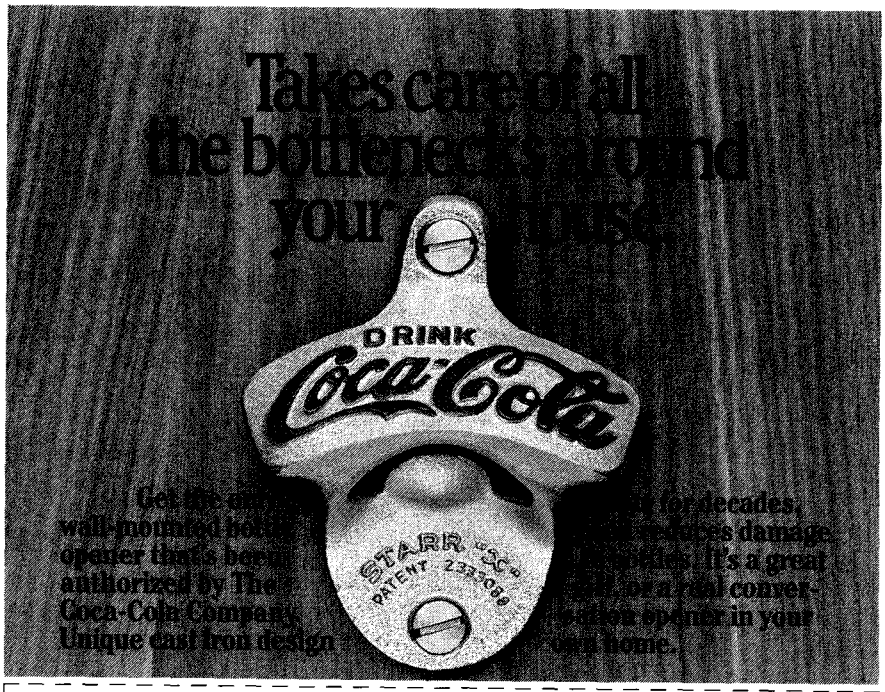

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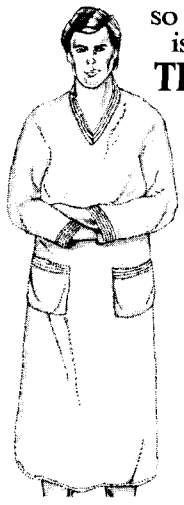

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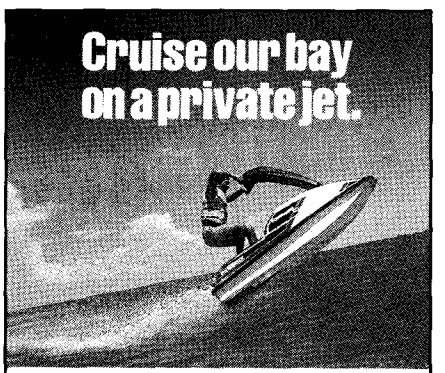

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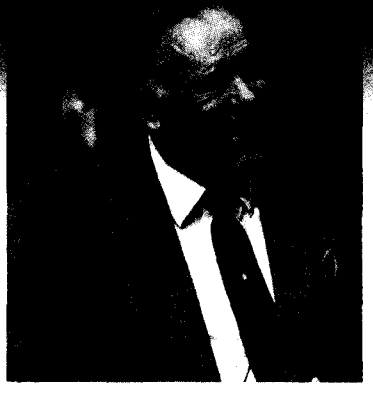

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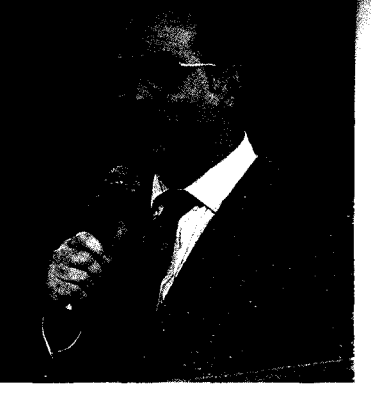

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A Country Christmas

Only in Music City do celebrities open their homes to folks who stop by and say "howdy."

By John McCollister

The spirit of a down-home Christmas is alive and well in Nashville, Tennessee.

Singers, dancers, instrumentalists, and artists blend their talents to create a "Country Christmas" in this Mecca for lovers of country and western music. Even for those who don't know the difference between Johnny Cash and Luciano Pavarotti, Nashville offers much excitement. That's especially true at Christmas, when more than 75,000 visitors from across the nation and around the world set aside their briefcases, forget the problems of the moment, and head for "Music City USA" for one purpose—to usher in the most festive of holidays.

Sounds of the season from peeling church bells and strolling musicians echo along Nashville's famed "Music Row." Hotels, restaurants, museums, and other popular tourist attractions attempt to outdo one another with enchanting displays. Splashes of red and green and gold, along with the sweet aroma of hot spiced tea, remind visitors that Christmas is a festival meant to be celebrated with all the senses.

Capturing this theme is the Opryland Hotel—the flagship of Nashville's hotels—transformed into a winter wonderland each December. Well over one million sparkling lights fill magnolia and pine trees lining the driveways to the building, which covers more than 30 acres. Inside the 1,891-room hotel—a blend of Colonial Williamsburg and Southern Plantation architectures—a two-acre, glass-covered conservatory graces the center of the hotel, where colorful tropical plants, thousands of poinsettias, and brightly lit waterfalls trumpet the celebration of Christmas.

Local choirs take turns leading visitors in singing familiar carols. In the Cascades area, Lloyd Lindroth, a hotel resident harpist, delights audiences each night as he accompanies the laser-enhanced "Dancing Waters."

Nashville has more professional musicians per capita than any other city. This is most apparent in the hotel's 30,000-square-foot Presidential Ballroom, where a cast of 14 singers-dancers and a full orchestra nightly perform a Christmas spectacular, featuring melodies ranging from the traditional "Deck the Halls"

Carolers and orchestra serenade Opryland Hotel visitors and guests with Christmas song. The flagship of Nashville's hotels opens its doors to local church choirs, which join in the elaborate holiday celebration.

The Down Home Country Christmas *dinner show, staged daily in the Opryland Hotel's Presidential Ballroom, features traditional holiday favorites mixed with a sprinkling of country tunes.*

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A yule log burns nightly in the main lobby as a proclamation is read banning the woes of the old year and calling for happiness in the new.

A million lights illuminate the Opryland Hotel's Magnolia entrance during the holiday season. Employees begin stringing lights in August to decorate the more than 30 acres of walkways and grounds.

to the new, but popular, "A Tender Tennessee Christmas."

Adults certainly appreciate the festive celebration, but children enjoy special rewards reserved for those whose imaginations are not limited to reason or logic. The dancing eyes of spellbound youngsters reflect wonder and excitement as they listen to tales of Christmases "once upon a time" as recalled by popular country entertainers, including Cousin Minnie Pearl and Riders in the Sky.

"When we began our celebration seven years ago, we never dreamed how popular it would become," hotel General Manager Jack Vaughn says. The early part of the festival sells out quickly, but lucky latecomers can pick up last-minute cancellations. "That's a far cry from the days when rooms went begging, as business travel virtually died for the holidays," Vaughn says.

A few miles east, visitors take a step back in time at the Hermitage, home of President Andrew Jackson. The nationally famous plantation, with more than 1,000 acres of gently rolling farmland, was a peaceful retreat for our seventh president when he retired after his second term in office in 1837.

In keeping with the spirit of the early 19th century, when America's Christmas celebration was subdued by today's standards, the Hermitage displays no flashing lights or cardboard figures. Instead, it is decorated with more subtle displays: an occasional candle in the window or a garland of evergreen that lines the winding staircase just inside the main entrance to the mansion.

Each night, along the Cumberland River, you'll hear the piercing whistle of *The General Jackson*—a 300-foot-long, four-deck paddle wheel showboat—piloted by Captain Edgar Allan Poe (yes, that's his real name). Following a holiday-themed dinner on the evening cruise, up to 560 visitors can enjoy a special 45-minute production, "Christmas Stories," in the showboat's Victorian Theater.

On the southwest side of town, the Cheekwood Botanical Gardens, once the private estate of the Leslie Cheek family, features a mixture of animated figures and live greenery that particularly delights children. A favorite of the adults is the potpourri

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of Christmas trees decorated with ornaments representative of various nations.

One special Christmas tree in Nashville that invites "oohs" and "ahhs" from country music fans sits in the entrance of the Country Music Hall of Fame. Such household names as Glen Campbell, Brenda Lee, and Emmylou Harris have donated some of their favorite ornaments to hang from its branches. Perhaps the most touching display is a large wooden rocking horse that rests under the tree. It was made by Tennessee prison inmates for "Shooter"—son of the singer Waylon Jennings.

In nearby Hendersonville, the country-western singer Conway Twitty rolls out the welcome mat for visitors to "A Christmas at Twitty City." It's a favorite attraction for children, who delight in seeing Santa's workshop or in wandering through the petting zoo.

Tom T. Hall and his wife, "Miss Dixie," also get caught up in the spirit; they open their home during the first week in December to tourists who just want to stop by to say howdy.

The homey celebration of Christmas in Nashville offers a refreshing alternative to the tinsel decorations, plastic displays, and canned music chosen by other cities. It's a family-oriented tradition that offers a memorable opportunity to share in the best this holy season has to offer.

Children play out Christmas fantasies in Nashville, visiting Santa's workshop and petting the animals at Twitty City.

Visitors come for the delight of it—the traditional music, the holiday atmosphere, and possibly a glimpse of a famous country singing star.

Decking the Opryland Halls

Preparing Nashville for Christmas requires an investment of time and money by many tourist attractions. At the Opryland Hotel, for instance, the holiday decorating shopping list includes:

* more than 1.4 million Christmas lights
* 4.5 miles of evergreen garland
* 3.2 miles of red velvet ribbon
* 100 Christmas wreaths
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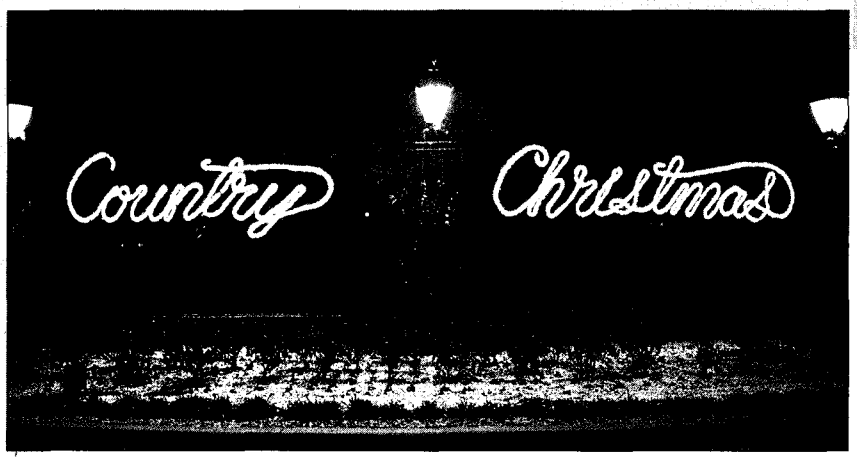

A down-home Nashville Christmas offers enchanting displays, musical treats, and a whole lot of foot-stomping fun.

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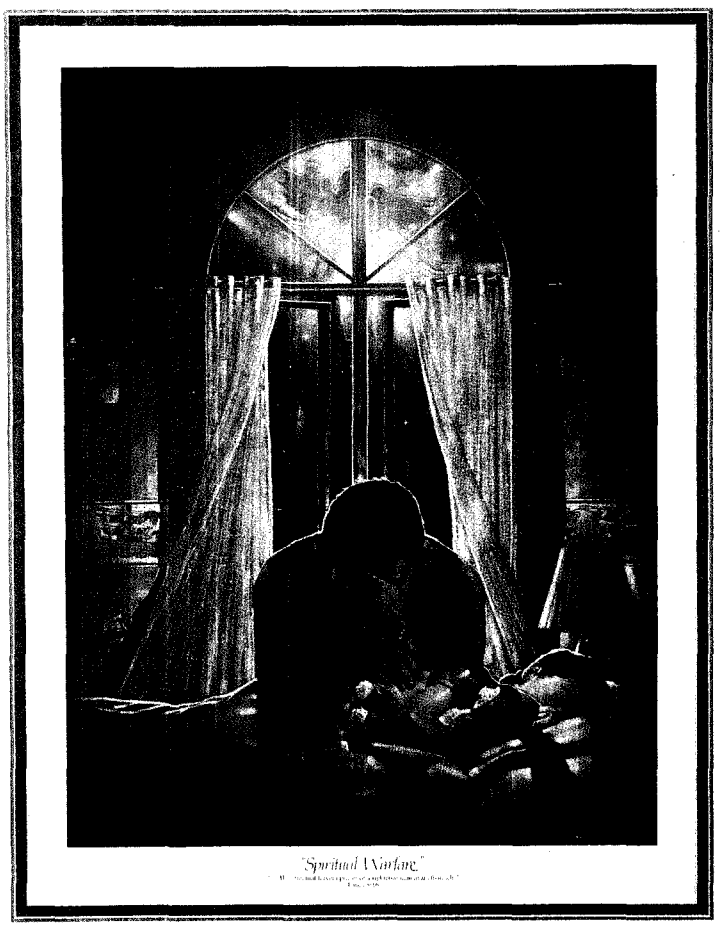

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TRAVEL

CELEBRATING IKE'S 100th

As the centennial party builds to a climax, Abilene plays host to a parade of VIPs who still like Ike.

by Loma G. Davies

Gerald Ford sent his football helmet, the electric horse had been Calvin Coolidge's toy, and the baby rattle once belonged to John Adams. The silk pajamas were worn by Warren Harding, the Yalta cape by FDR, the spectacles by Thomas Jefferson, and the boots by LBJ. Of all the mementos, Grover Cleveland's took the cake because his *was* the cake—a 104-year-old wedge left over from Cleveland's White House wedding ceremony. Eccentric, yes, but historic too. After all, he was the only president to be married in the executive mansion.

Any 100th birthday celebration is special—just ask Willard Scott—but when a former president as popular as Dwight D. Eisenhower marks his centennial, the brethren, past and present, send their best. In the case of the allergy-prone equestrian Calvin Coolidge, it was a 1,500-pound electric horse with two speeds (trot and gallop) that he rode every day in his private quarters. Silent Cal's toy is part of the "White House Treasures" exhibit on display most of this year at the Eisenhower Center in Abilene, Kansas. One contemporary chief executive, Ronald Reagan, bypassed the mementos and chose to pay homage in person.

Eisenhower is best known as the "Ike" everyone liked in the presidential campaigns of 1952 and '56. He served in two world wars before being elected 34th president, ironically from the 34th state, Kansas. His military and political careers took him around the world, but he always said he was tethered to his hometown of Abilene. Any birthday bash had to be celebrated there.

"The proudest thing I can claim is that I am from Abilene," he once remarked about his roots. "Never has this town been outside my heart and my memory." Here, he and his wife, Mamie, are buried inside the Place of Meditation with their son Doud Dwight, who died at age three of scarlet fever. Here, thousands of people still come to honor the Ike they liked so well.

"Soldiers should stick to soldiering," Ike said when urged to enter politics. Rockwell "captured" him in '52 and '56.

The five-building Eisenhower Center serves as the hub of the centennial observance. The center was begun on an impulse in 1945 at Abilene's homecoming celebration honoring its returning war hero. A group of prominent Kansans asked Ike's permission to establish an Eisenhower Foundation. He agreed to the plan, provided that the memorial would honor all the military.

Following the death of their mother in 1946, the six Eisenhower brothers deeded the family home and a few acres to the Foundation with the stipulation that the home be maintained like it was at the time of her death. In keeping with this wish, one of her nightcaps still hangs over a rocking chair. The floors of the homestead are covered with hooked rugs that Ike's father made, and the beds are topped with homemade spreads and coverlets. More than 4 million visitors have toured the white frame property since its doors were opened to the public.

When it became evident that Ike was going to be the GOP's presidential pick in 1952, he again returned to Abilene to kick off the first of two successful campaigns against Adlai Stevenson. A few years later, Congress passed the Presidential Libraries Act, which allowed each president to select the site of his official library, and Ike surprised no one by choosing Abilene.

On display at the Eisenhower museum are memorabilia from Ike's boyhood; from his days at West Point, including his handwritten letters of application; symbols of his military victories in Europe, and trappings of his presidency. Since the museum's 1954 dedication, its inventory has expanded rapidly. More than 33,000 items currently are inventoried.

After the library was opened, one towering touch was added and the compound was complete. Looming between the museum and the library is a bronze statue of Gen. Dwight D. Eisenhower. The figure stands on a five-sided pedestal symbolic of his rank of five-star general. Also symbolic is the statue's size. At 11 feet tall, it's bigger than life.

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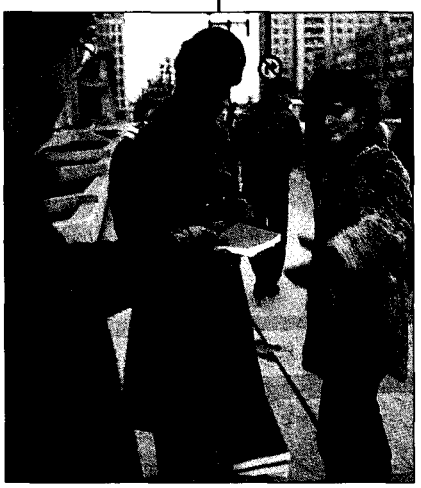
Eastern Europe

Desperate Need for Bibles

As freedom comes to Eastern Europe, Christians go public with passionate plea for Bibles.

After nearly half a century of oppression under the official atheism of their Communist leaders, the people of Eastern Europe are freeing themselves not just of political oppression, but religious persecution as well. The silent cry for Scriptures has become a public plea for help from Christians in the West.

In a recent visit to Bucharest, Romania, International Bible Society staffer Robert Horan reported that he was overwhelmed by the hunger for the Bible. Minutes after opening the doors of his Bible Society van, scores of desperate Romanians had depleted his 3-case supply of scriptures.



In Pitesti, three cases of Scriptures were distributed in fifteen minutes.

An elderly gentleman, who came to the scene quickly after hearing that Bibles were being given to those wanting one, with tears streaming down his face pleaded with Horan for a Bible. "I didn't have one left to give him," Horan said. "Never have I felt so powerless to answer such a simple and heartfelt plea."

Similar reports are being received from East Berlin, Prague, Krakow, and scores of lesser-known cities and towns in the newly-open Eastern bloc.

Meeting the need has gone beyond the resources of the 181-year-old International Bible Society. Bible Society President James Powell, just returned from a visit with evangelical pastors in Czechoslovakia, says the need is critical. "Never before have our resources been so taxed. There is a growing demand for Bibles all over the world, but none surpasses what we are seeing now in Eastern Europe.

"What you must realize," Powell says with great passion, "is that these people have had little or no access to Bibles for a full generation. Yet the church is strong and growing. As a result," Powell continues, "what you have is millions of people who want a Bible every bit as desperately as a concentration camp victim wants nourishing food. You can't imagine how anxious the people of Eastern Europe are to have Bibles of their very own.

"Of course," Powell was quick to point out, "we can't identify with that in America. Most of us have more copies of the Bible than we know what to do with. Over there, they will cherish even a single page torn from a community Bible. We must feed these hungry people while we can. Every Bible will be a blessing from God to a hungry heart."

International Bible Society is asking Americans to send $15 to provide five Bibles for Eastern Europe. All donations go toward the purchase of Bibles. No fundraising costs will be deducted, Powell says.

International Bible Society is perhaps best known in the English-speaking world as the translation sponsor of the best-selling *New International Version* of the Bible.

-- ***By Jim Killion.***

Reported by Larry Jerden/Bucharest and Greg Cromartie/Pitesti

You can send five Bibles to the people of Eastern Europe for only $15.

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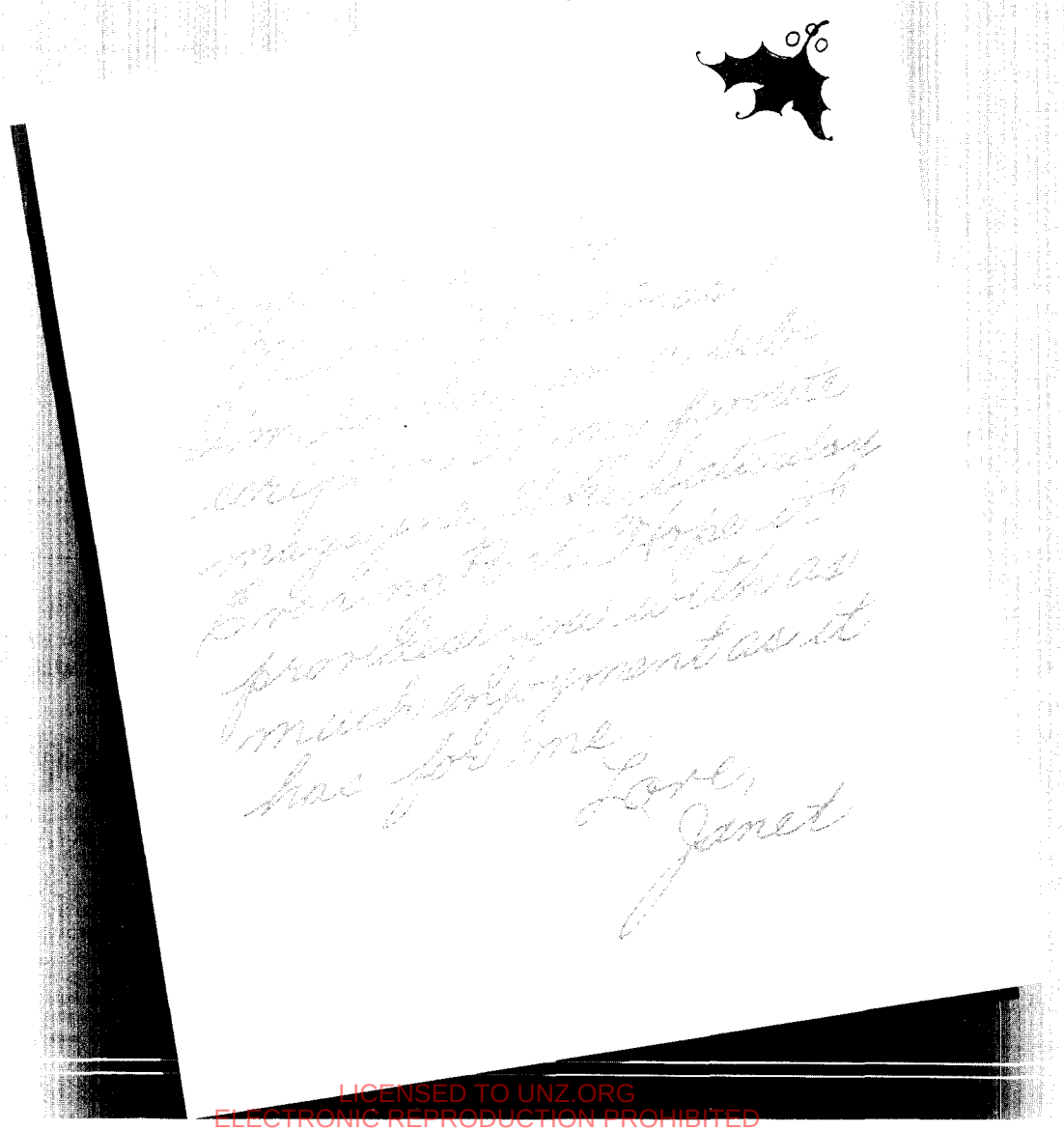

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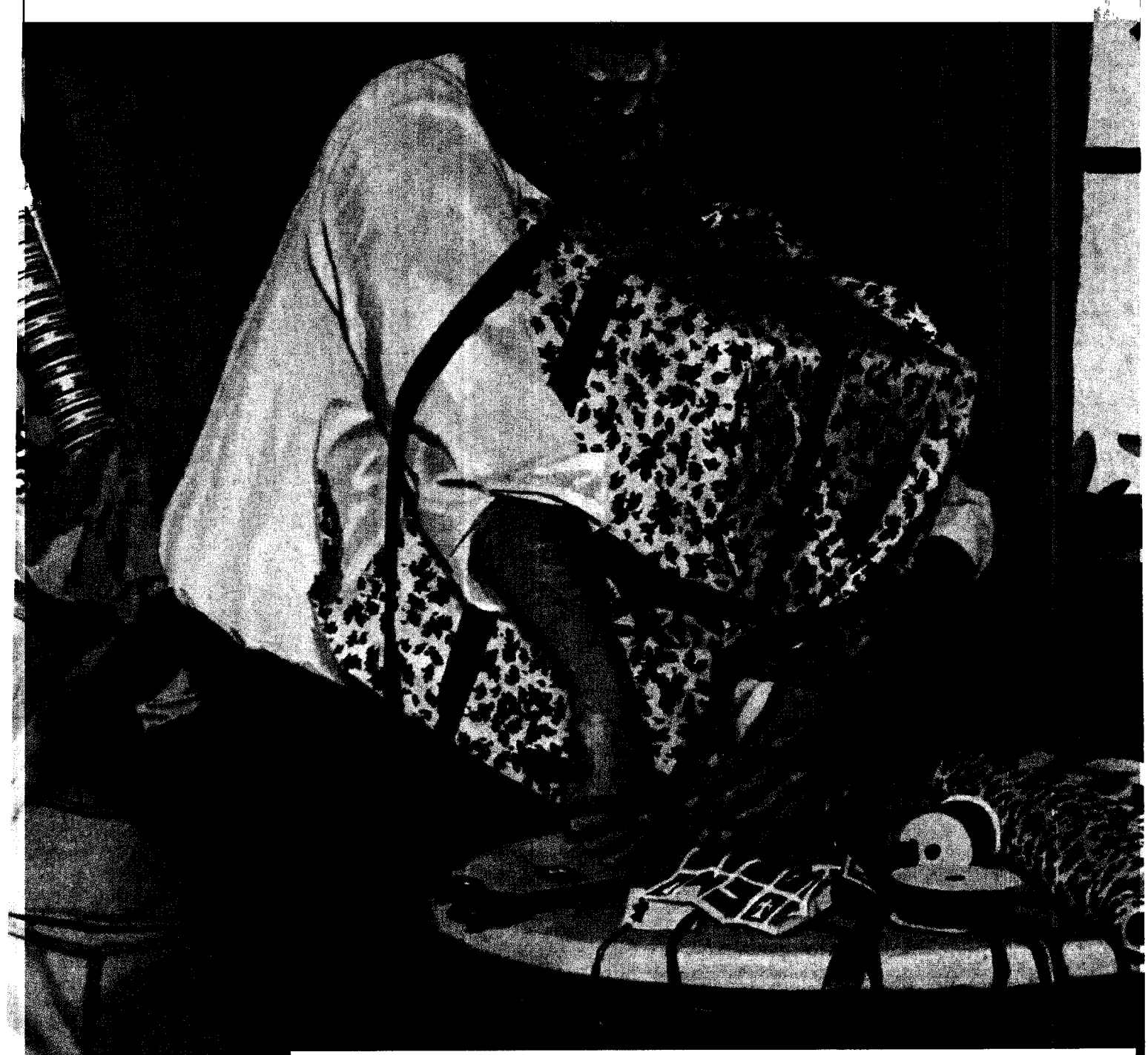

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Surprise Party

continued from page 73

So I nodded yes. I could not tell, and there was the admiration in his face, the warm glow in his eyes at this youngster who bought such a present with his money. Of course I was guilty, taking the credit this way, but I was ten. I was ten years old, you understand.

He took my hand and he showed me what there would be in the basket. He showed me tangerines and he showed me huge, thick-skinned oranges. He showed me the beautiful, baseball-sized Jonathan apples and pomegranates, nectarines from Florida, bananas and those yellow, soft, juicy oranges. He showed me walnuts and hazel nuts, Brazils, cashews. He showed me tiny, bright-colored boxes of animal crackers, and he showed me candy canes.

"Oh-ho!" he said. "What a basket I will make for you, little mister," and he showed me the basket, bushel-sized, the woven strips green and red and blue and pink. "Oh-ho!" said the Italian. "I make you prettiest basket in St. Paul, you bet."

Thursday after school I collected four cents from each kid while they besieged me with questions. I must tell them now, they pleaded, but I'd kept the secret for so long and so well that now I could only pledge them to continue waiting.

There behind the station house I outlined my plans, all of them gathered about me while I spoke. The next morning in their room they were not to answer the roll call. They were all to sit straight, hands clasped on the desks, and when Miss Le Tourneau started the roll, they were to be silent. They were to wait, did they understand?

I would get them all across Robert Street, and then I'd go for the present. I'd have the present in my room, and after my roll call, then Miss Morgan would excuse me and I'd bring the present down to their room. Far from being angry, Miss Le Tourneau would be the happiest teacher in the school.

They were fascinated by the cabal. I remember their eyes alive, and each looking from one to the other, delighted with the intrigue. My heart pounded with the telling of it and I felt then as though I were leading a revolution, as though here, with my army, I, the general, planned a swift, bloodless coup.

That night I brought the Italian the rest of the money, and then, while I watched, he began preparing the basket. He gave me a tangerine, and I stripped it clean, eating a section at a time, feeling the tang of it and the juice of it far back in my throat.

He was a surgeon now, the Italian, and this his operating room. The basket was set on a long sheet of cellophane there on his table in the back room. He wrapped small balls of fruit—apples, tangerines, and oranges—then a candy cane, a box of animal crackers, and on top of each a container of peppermint. He wrapped 30 of them, and I told him about the teacher, and he wrapped a special bag for her. I stayed until the basket was ready, until he had brought the cellophane up and around the basket, the bags within lying alongside giant oranges and grapefruit. I stayed until he had tied it all with a red silk ribbon. I told him then that I'd come for it the next morning, and he gave me another tangerine.

"You are a fine boy, little mister," he said.

"Thank you."

"By golly, not many boys think to bring such a presents for school friends. For teacher."

"Thank you," I said again.

"If I have a boy 'stead of four girls, like I have, then I sure wish boy to be like you, little mister," he said.

"Thank you. I better be going home," I said.

"Oh-ho," he laughed. "Momma waits for you now, eh?"

Of that night I can't remember anything now. I can't remember whether I slept or talked with my ma first or whether I had milk before bed. I can't remember any of it, but of the activity the next morning, of the affair then, I can recall everything, and I can yet, even as I write now, feel the trembling in my stomach, the dry throat, the cold hand at my

You be the Judge

by Bruce M. Jones

When burglars started dropping into Gus' restaurant almost as regularly as customers, Gus installed an expensive, elaborately wired prowler alarm.

A few night later, another burglar broke into the restaurant and cleaned out every cent of cash without so much as a peep from the alarm. An investigation revealed that it was improperly installed. Gus, in a fury, sued the burglar-alarm company for damages to compensate for the burglary loss.

"You charged me a fancy price for a system to protect my property!" Gus stormed. "Fine protection it turned out to be! You bungled putting it in, so you should pay for the burglary."

"Nothing doing," said council for the company. "After all, the burglar might have gotten away with your money even if the alarm had rung."

If you were the judge, would you order the company to pay Gus?

Gus lost. Even if the alarm had sounded and someone had responded, the court said, there was no assurance that the burglary would have been prevented. It tossed out, as mere "speculation," the theory that the burglary succeeded because the alarm failed.

Based upon a 1946 decision of the Connecticut Supreme Court of Errors.

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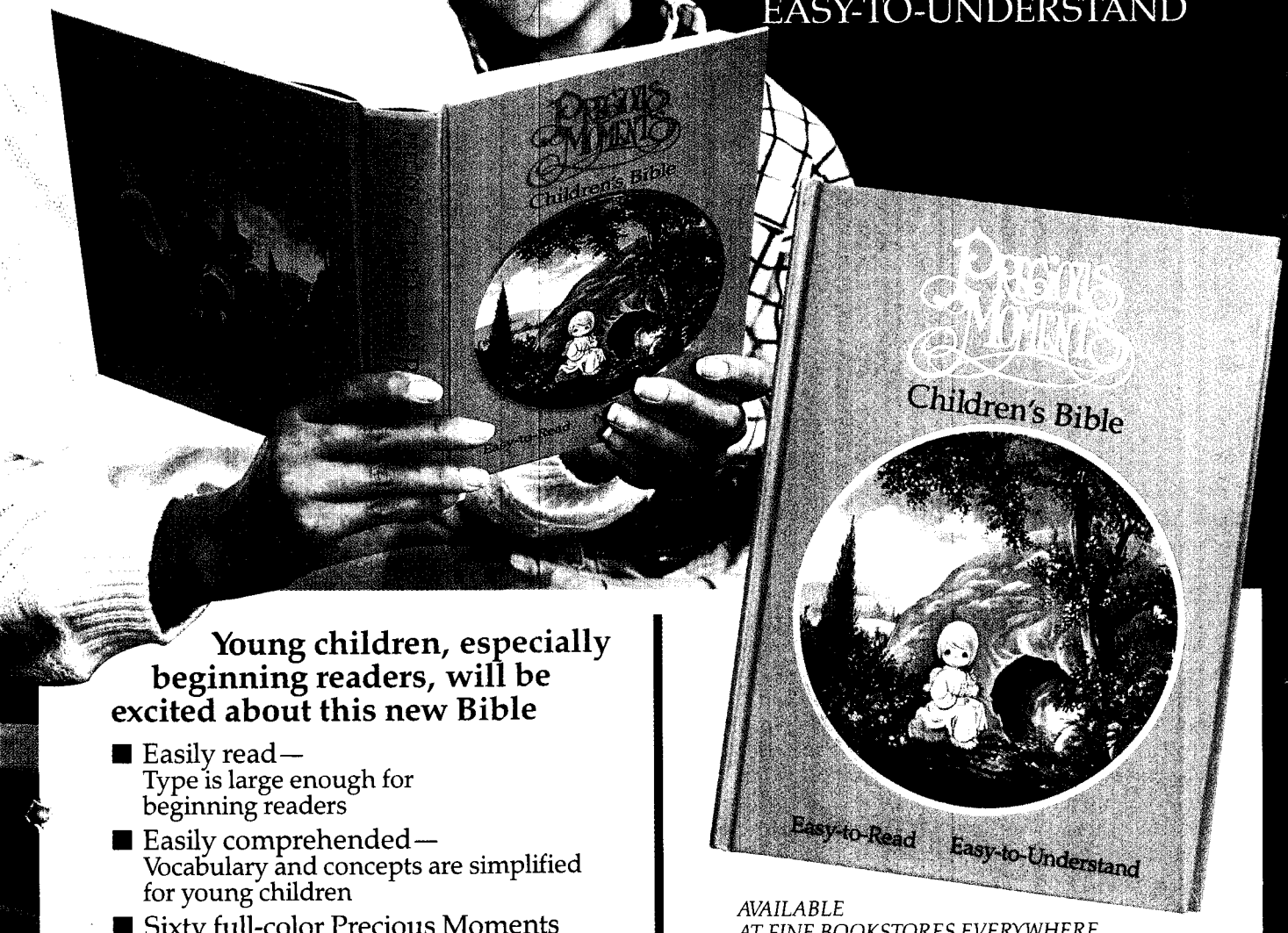

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heart. I've remembered that morning always at Christmas, and now it becomes difficult to move the pen across paper.

All right, then. I went first to the Italian's, who had the basket on a small wagon. He told me I could take the wagon and return it at lunch hour.

To the kids who crowded around me there at the intersection I repeated my instructions, pledging them to silence when the roll was called. I hurried them across quickly, and then ran down the block to the Italian's. You remember that my world was bounded on the south by Isabel Street. I walked around Isabel, behind the school, and then, leaving the wagon, came in by a narrow door used by the janitors. The basket was awfully heavy. I remember now pausing at the foot of the stairs and then again at the top of the first flight.

I got the basket into my room, set it on my desk, pushed my way through the kids who gathered around the basket, and hurried down the hall, down the stairs to the first floor and the second grade. They were all at their desks, and I stood a moment inside the door, forefinger at my lips, until I heard the teachers talking in the distance and scurried to the water fountain to pretend I was drinking.

And there I waited until Miss Le Tourneau had passed, until she had entered the room, and then, unmindful of the bell, I tiptoed to the door and looked in. She was at her desk, arranging her books, smiling at the class. They, the little, obedient soldiers, sat with hands clasped, unsmiling and waiting.

So the end was near, the weeks of waiting finished, the surprise at hand. I was ten, remember, but I took the first four steps in one leap, and then, holding to the railing, flew up the two flights, down the hall, and into my room for the basket. Miss Morgan would excuse me; I knew she'd excuse me.

She was so pleased. She smiled at me as I entered, turning her head from the kids gathered around the basket as she watched them digging into it. "Joe"—she smiled and she beckoned to me with her hand—"Joe, this is so wonderful and thoughtful of you."

But I couldn't move, you see. I stood just inside the door, motionless, and I couldn't move. The cellophane had been ripped off the basket, scattered about the floor. The oranges, the grapefruit, the lovely, lovely, individual packages that the Italian had wrapped were now in the hands of my class. Of course, the kids here had thought it was their present and had torn the cellophane immediately.

"Joe," she said, "how nice of you, and sweet. A Christmas surprise for the class," she said.

The kids didn't even turn. They were too busy digging into the basket. I saw the cellophane scattered over the floor, and now I wanted only to get away, to run to my mother, to get to the closet there in the front hall of our house and pull the door behind me and lie forever in the dark and never be discovered. They'd come for my belt and badge, and I'd never be a school cop again.

And those kids. I could feel the tears coming, and I could only look at Miss Morgan, seeing her red hair in the sunlight. Those kids! Sitting there and not answering the roll and waiting for me! Holy smokes, those kids!

I ran. I turned and ran from the room, leaving my cap in the cloakroom, thinking, as I ran, that my ma could come back for it. I'd never return to this school; I couldn't.

Down the stairs, down the hall, panting now, my breath coming short, and I remember kind of groaning in sorrow and self-pity as I ran. I can remember my life broken, my world shattered, the years to come shadowed always by this horrible, horrible thing that had happened to me. Those kids and their two pennies every day. This had happened because there was $13, because I hadn't been honest with the Italian, let him think it was all my party, and then I began to sob. I sobbed then, but it wasn't until I stood outside their door, standing on tiptoe and looking in through the round window, seeing Miss Le Tourneau standing before her desk, the kids white and frightened, but still silent, waiting now for their leader and general, it wasn't until then that the tears came. I should have gone in, right? Entered and told Miss Le Tourneau, right? But I was ten, and I'd been betrayed, you see, and now I could only move away from the door, unable to check the tears, moving blindly for the outside door and my ma and the closet.

I didn't see them—neither Miss Thompson nor the Italian—but I heard them behind me. "Joe," she said. "Oh, Joe, wait," she said, and I moved faster then, wanting to get to the front doors before she could stop me.

The Perfect Squelch

Long after the sensational 1925 Rose Bowl game between Notre Dame, with its famous "Four Horsemen," and an equally great Stanford team sparked by the fabulous fullback Ernie Nevers, controversy raged over whether Nevers had scored on a line plunge. The officials and the scoreboard said he didn't, and Notre Dame won.

At one of the periodic revivals of the argument, years later, at a gathering of sportswriters and football celebrities, one writer stated positively that Nevers made a touchdown. Outtalking all opposition, this man proclaimed: "I had an unobstructed view from the press box and held my glasses on Nevers throughout the play. I say he scored."

"I say otherwise," a quiet man said.

"Where were you sitting?" the sportswriter challenged.

"My name is Harry Stuhldreher, of Notre Dame," came the reply, "and I was sitting on Ernie Nevers."

—Frank C. Winslow

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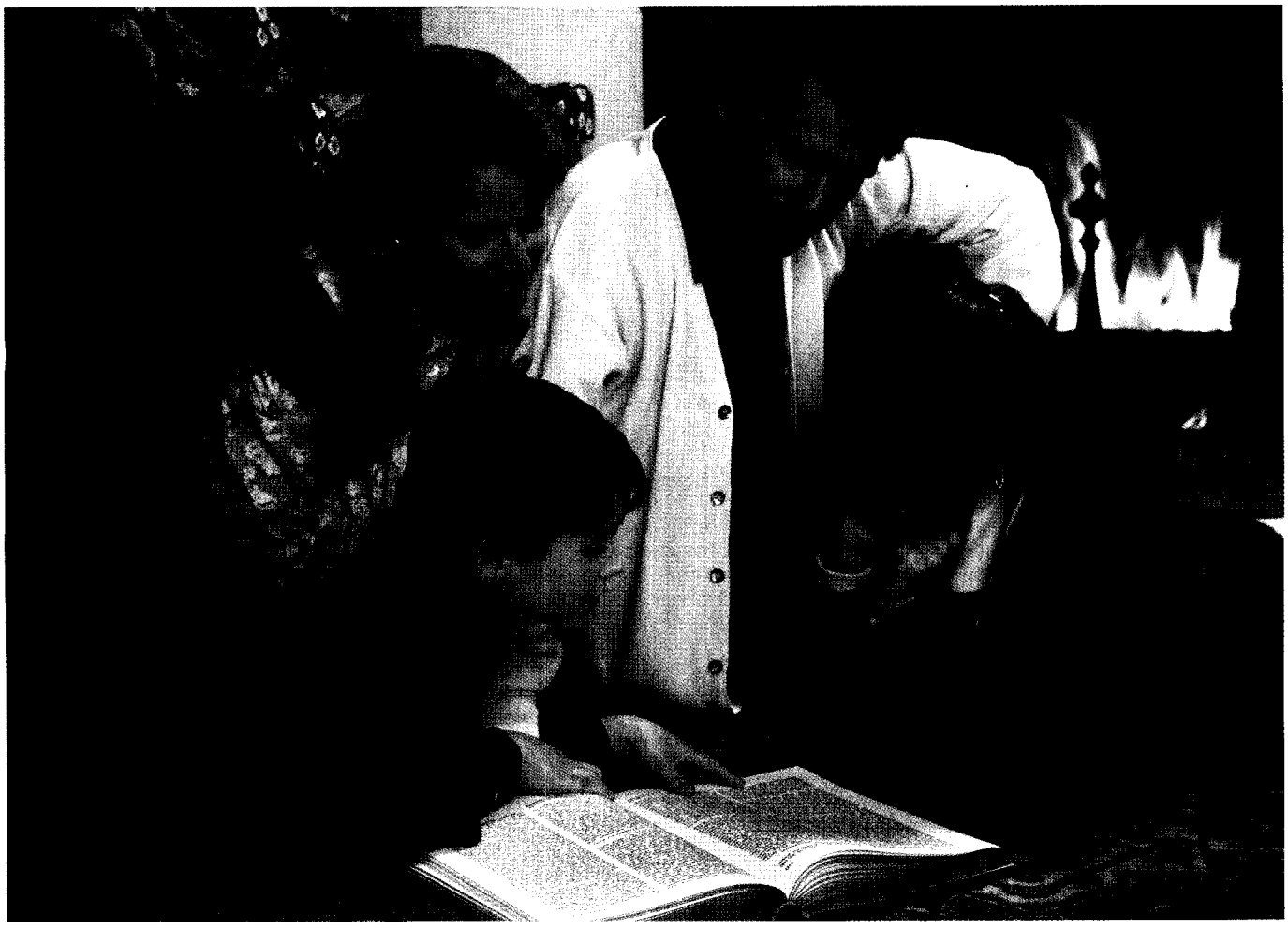

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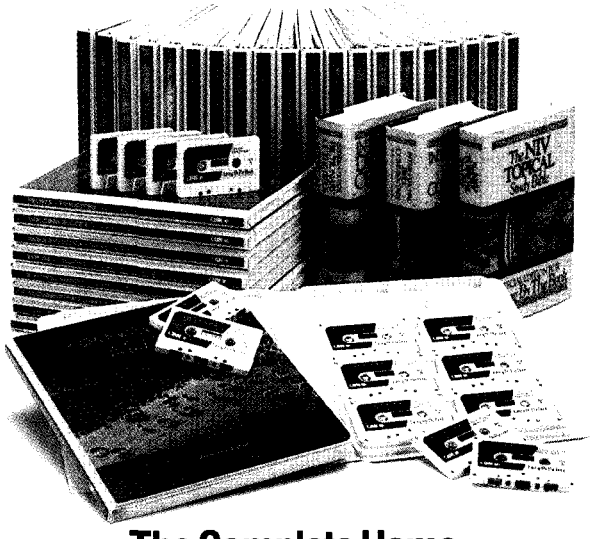

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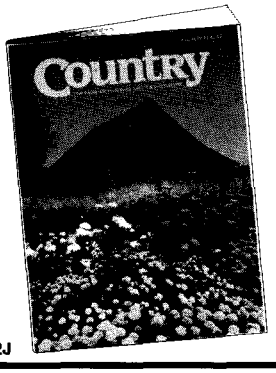

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"Him," I heard the Italian say. "Is him, tha's little mister, sure. . . . Hey, boy," he said. "Hey, boy," he said, and now I thought that I had done something wrong to him too, that he had come for me. I walked faster, head down, and then he had my arm, turning me so that Miss Thompson saw I was weeping, and he saw it and became silent. He squatted like a baseball catcher, the apron trailing on the floor, and he took my arms.

"Wha's matter you, boy?" he asked. He looked at Miss Thompson. "Wha's matter here, Miss Thompson?" he asked, and then she knelt.

"I'm so proud of you, son," she said. "Mr. Par—Par——"

"Paradino, Miss Thompson. Me, Paradino. George Paradino."

"Mr. Paradino came to tell me of your wonderful gift," she said, and I looked from one to the other, the tears gone now, and sick with the knowledge of how it might have been.

"The basket, Joe," she said. "Mr. Paradino was so impressed with your gesture that he brought another basket, too, and he told me about what you had done."

"Sure," the Italian said. "Absolute, he said. "You do him, little miste: You do him, so I do him. Me, citizer George Paradino," he said, and smile at me.

So I've told you of no miracle an I've offered no proof of Santa Clau nor shown signs of angels. Thus i happened years ago. Miss Thompso listened as I blurted out the story, an the Italian, George Paradino, carrie his basket into the second grade, following, and then Miss Thompson.

That afternoon they had their part and we had ours upstairs, and Mis Thompson came to both. It was al right then, you see, and Miss Le Tourneau came up and shook my hand, and Miss Morgan was proud o me, she said.

Later, after I'd got the second graders across Robert Street, standing there with the other cops, we saw Miss Thompson, and we all ran forward to meet her and take her across the street. But she took my arm and she smiled at me. She smiled then, all right, and her face was warm and friendly, all right.

"Thank you, boys," she said to the others, and then to me: "Will you escort me," she asked, smiling still, "little mister?" she said.

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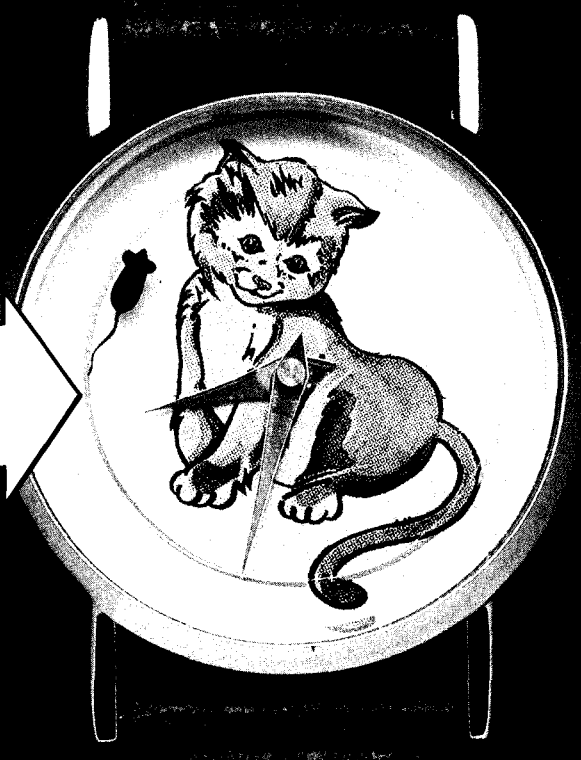

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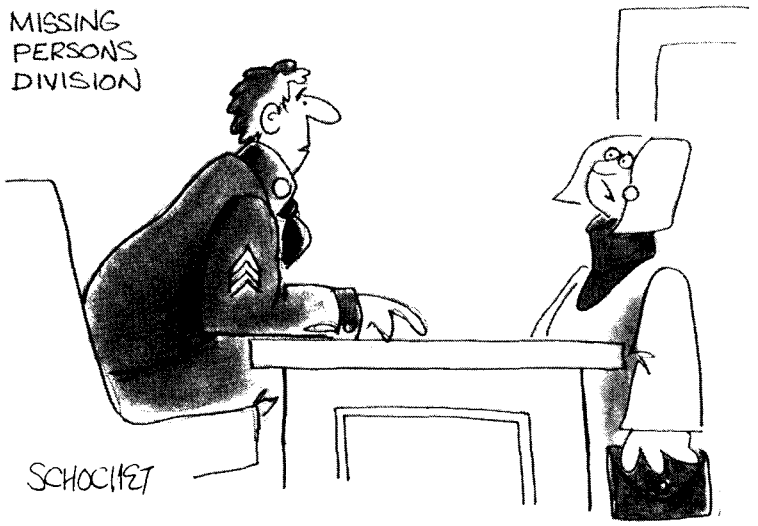
LAST WORDS



"I haven't seen him since I rearranged the furniture."

"Certainly you may come up for a drink. You live here."

"Tonight's menu offers you two choices—one, take it or two, leave it."

"I didn't say you made a perfect fool of yourself, Martin. . .Nobody's perfect."

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MEDICAL MAILBOX

by Cory SerVaas M.D.

The good doctor pays constant attention to keeping people well so that there will be no sickness.—Huai-nan Tzu

A Case for Carrot Cocktails

Recent findings support the hypothesis that alcohol consumption, or related dietary factors, increases the risk of breast cancer. With this possibility, we think its time to recommend unabashedly setting up alcohol-free bars at Christmas and New Year's parties.

Serving carrot juice cocktails containing beta carotene kills two birds with one stone. The *beta carotene* in carrots is believed to lessen one's chances for lung cancer, and at the same time the *fiber* in carrots helps prevent colon cancer.

The *Post* test kitchen has experimented with the fiber-rich pulp you get when you make carrot juice. Add this carrot pulp to your salads, fresh potato soup, or minestrone, or anywhere you want to dress up your menu with a little color.

Add good health to your Christmas good cheer. Offer your guests carrot cocktails with a bit of celery and parsley. Serve chilled immediately after juicing.

Why serve carrot juice instead of eggnog? Because the salmonella bacteria in some eggs are believed to be there genetically. An egg doesn't have to be cracked or damaged to have salmonella thriving in it. If you want to lessen your chances for a salmonella attack, you should no longer eat uncooked egg whites. Often, stomach attacks passed off as a virus or the flu are really the salmonella bacteria from food consumed. Avoid Ceasar salad recipes calling for raw egg whites. Meringue on pies should also be avoided if you want to reduce your risk of getting salmonella from uncooked egg whites.

If eggnog has been your habit for New Year's, think of egg substitutes that can't transmit salmonella, or cook the egg whites in your recipe.

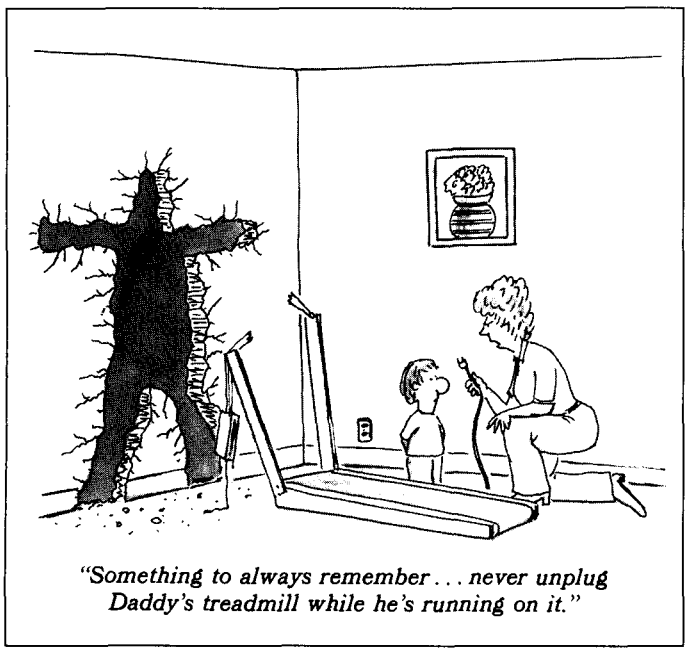
Here is the *Post*'s recipe for a safe and tasty traditional holiday eggnog.

Post Eggnog

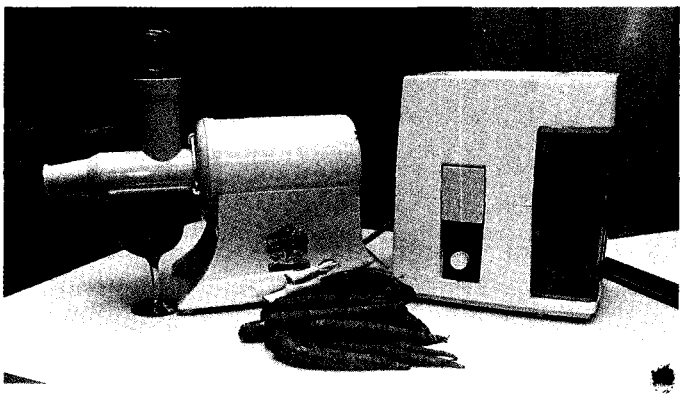
2 tablespoons carrot juice
3 tablespoons honey
1 teaspoon brandy extract
1 teaspoon rum extract
1/8 teaspoon vanilla extract
2 egg whites
3 cups skim milk
2 teaspoons minute tapioca
1/4 teaspoon nutmeg

Combine all ingredients except nutmeg. Whip vigorously 1 minute, and then bring to boil over medium heat, stirring occasionally. Chill and portion into 6 small cocktail glasses.

Sprinkle nutmeg on each glass of eggnog before serving. Cheers!



"Something to always remember . . . never unplug Daddy's treadmill while he's running on it."



Champion juicers (left) are great but expensive. They're the Tiffany of juicers. Osters (right) cost less; they are noisy, but they do a good job of juicing carrots.

Frozen Blood a Hot Idea

Dear Dr. SerVaas:

We never fail to read "Medical Mailbox" and have learned a lot from its contents.

I would like information about diet and "care" of polycystic kidneys (benign) for a relative. We know that too much protein intake is not good.

Also, could you tell us where to obtain information

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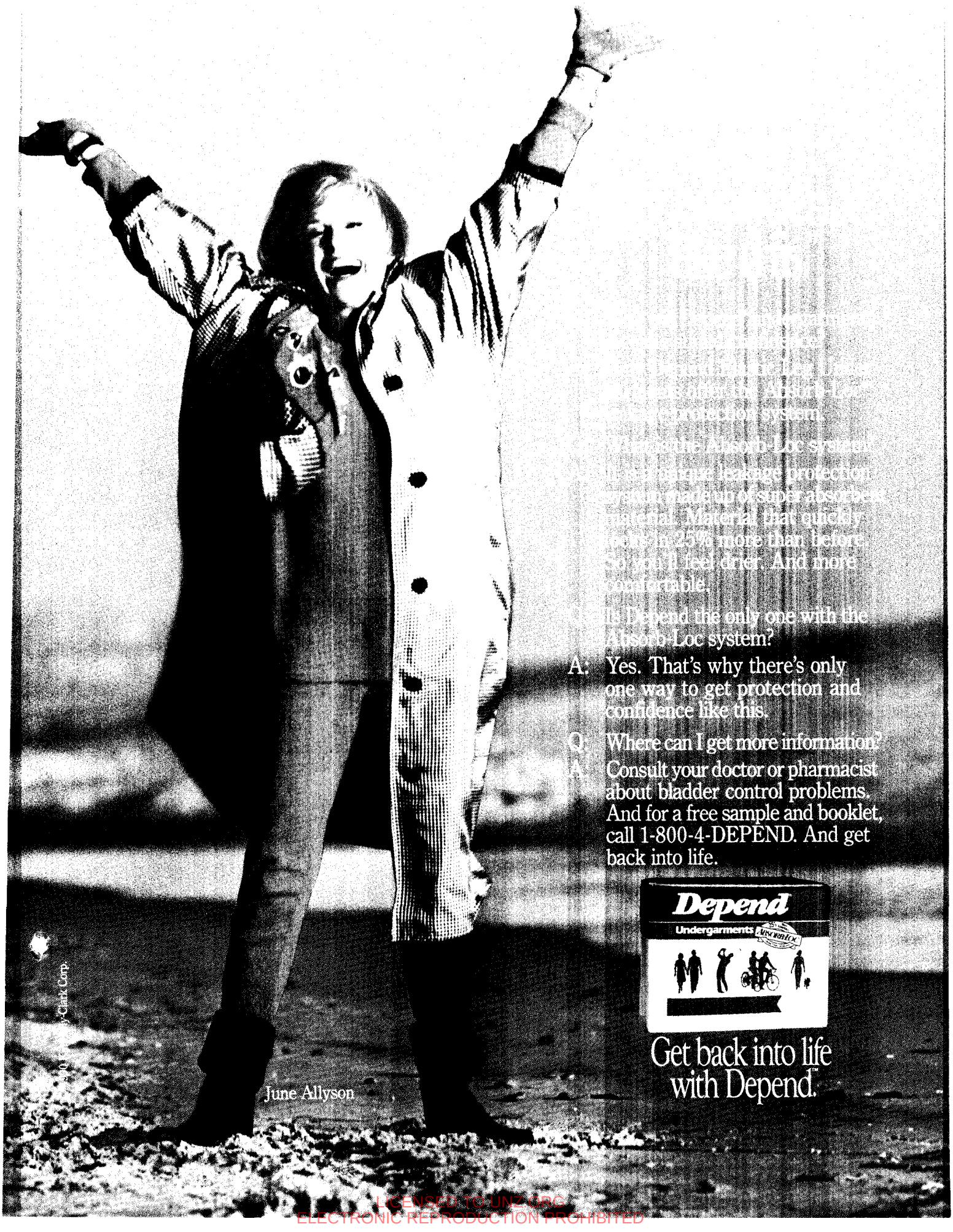

Q: Is Depend the only one with the Absorb-Loc system?

A: Yes. That's why there's only one way to get protection and confidence like this.

Q: Where can I get more information?

A: Consult your doctor or pharmacist about bladder control problems. And for a free sample and booklet, call 1-800-4-DEPEND. And get back into life.

Get back into life with Depend.

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about freezing and keeping blood (mentioned in "Marketing Fitness with the President and Arnold Schwarzenegger," July/Aug. *Post*). Bruce Jenner said, "Frozen blood can be stored indefinitely and delivered . . . in case of emergency. It's the best health insurance anyone could possibly have." This sounds like a real life and money saver!

Thanks for your excellent magazine and "Mailbox."

M. M. Fleagle
Wichita, Kansas

The company with which Bruce Jenner is associated is Personal Blood Storage, 1 Windsor Cove, Columbia, SC 29223. Another blood storage company is IDANT Labs at 645 Madison Ave., New York, NY 10021.

We have written extensively about the work of Dr. Barry Brenner, at Harvard, who advocates a reduction of protein intake early in the course of intrinsic kidney disease. (Please see March '86 "Medical Mailbox.")

She Hopes to Help Others with Psoriasis

Dear Dr. SerVaas:

I have been reading *The Saturday Evening Post* for a while and appreciate your care for "all of us out here."

I am writing because I have personally been helped through the magazine and felt obliged to share something which might help others. (I haven't had a cold sore since I learned through you about L-lysine—they had been a lifetime "scourge.")

My husband has had problems with patches of psoriasis for a while—at one time it seemed to worsen and he started to get medication from the doctor (medicated shampoo and expensive ointment).

Then last summer it seemed to get much worse—traveled down his arms (he wouldn't wear short sleeves, no matter how warm), and he became very sensitive about the patches being visible (on his forehead) in an office setting.

I had read somewhere that aloe was beneficial for psoriasis. I got a plant and told him to cut a stem and rub it on the psoriasis patches—it was messy and didn't seem much help. Then I happened upon a gallon of liquid aloe in a food store in Cherry Hill, New Jersey. My husband has been mixing this in his morning juice.

He has not been taking any medication or using anything else. His psoriasis seems to be under control ever since (about a year now).

I wondered whether anyone else has had any experience with aloe or might want to try it.

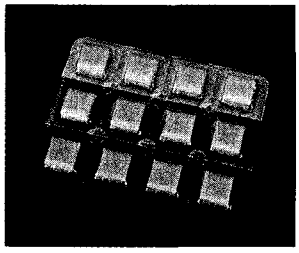
Hope someone might be helped.

Mary Gindhart
Wallingford, Pennsylvania

"I don't ever remember treating anyone with contagious amnesia, Mr. . . . er . . . ah. . . ."

Nicotine Gum More Effective Without Coffee

Out of habit, many former smokers trying to quit with the aid of the nicotine gum, Nicorette, chew the gum with a cup of coffee at hand. Unfortunately, researchers have discovered that this practice reduces the effectiveness of the nicotine gum.



It seems that coffee, as well as colas and other acidic beverages, prevents the release of nicotine from the gum base. To improve the effectiveness of this therapy, they recommend that the gum be chewed at least 15 minutes after drinking coffee or cola. Rinsing of the mouth after drinking coffee is also recommended as a way to improve the nicotene gum's effectiveness.

Nicotine for Ulcerative Colitis

Just when we thought that nothing good could ever come from cigarettes, researchers have cause to believe that some ulcerative colitis patients are actually helped by nicotine. In a blind study, ulcerative colitis patients, both former smokers and nonsmokers, were put on Nicorette gum. Some were helped. A larger, more extensive study has been recommended.

The results are't suprising, because nicotine is a potent drug. Just as marijuana is bad for most of us, it can be useful for some patients on cancer therapy.

No Rest for Weary Legs

Dear Dr. SerVaas:

Has anyone had any success treating "restless leg" syndrome or nocturnal myoclonus?

My 5½-year-old daughter sometimes complains that just as she's trying to fall asleep, she needs to move her legs around to make them feel comfortable. I've noticed that sometimes while she's asleep she moves her legs a lot and often rests the ankles of one leg on the knee of the other leg.

She's apparently inherited these conditions from my husband, who often needs to flex and unflex his toes throughout the day and also places the ankle of one leg on the knee of the other leg while sleeping. A session in a sleep lab confirmed that he has "restless leg" syndrome and nocturnal myoclonus, which interrupts his sleep and causes him to feel tired when awake. He was

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old there are no treatments for these conditions. Is this true? Have any readers with these conditions discovered anything that has helped them? I hate to think that my daughter, like my husband, is doomed to a life of chronic fatigue.

Janice H. Clarke
Sharon Hill, Pennsylvania

Dear Dr. SerVaas:

Over the years I have received excellent suggestions and information about various health maladies from your magazine; namely, lysine for cold sores on the lips, plus other readers' contributions in that regard.

One of my own personal problems that has been plaguing me all these years is a problem called "twitchy legs," or nervous legs. This generally happens at bedtime, or while sitting down after a tiring, fatiguing day. I can't sit still, or when I lie in bed my legs and sometimes my arms jerk. As a temporary, on-the-spot solution, I've tried scratching, massage, and hot baths. Nothing really seems to work. I suspect a chemical imbalance in my system.

Upon discussing this with close friends and relatives, I have discovered that some of them also have the same problem, so this condition may be more widespread than I have anticipated. I've asked for professional medical help and tried various dietary programs, to no avail thus far.

So I'm turning to you in great concern and hope that there is a simple solution to this problem.

David Hatfield
San Bernardino, California

Dear Dr. SerVaas:

My wife is young and active at age 70. She has one annoying physical problem for which she has been unable to find relief.

Her legs in the calf and foot area are "restless" at night or when relaxing in a chair. Some nights she cannot sleep because the legs (one usually, sometimes both) "twitch," and require her to move. This is not a muscle cramp; it appears related to the blood vessels. She has asked her doctor, but he dismisses it. Sometimes she gets up in the "wee hours" and sits in a hot bath. Usually this permits sleep afterwards.

Is there anything you can suggest for her?

Louis W. Brummer
Greenville, South Carolina

If misery loves company, the above letters provide company for leg-cramp sufferers. This common complaint deserves a good physical examination to search for the underlying cause.

Some readers have told us they get relief after taking Slo-Mag (magnesium supplements) about one-half hour before retiring at night.

Testicular Cancer Questions

Dear Dr. SerVaas:

I am writing to you hoping to get some answers and help with our problem. The problem is that in 1985 my husband had testicle cancer. He was 21 years old. (We understand this is a young man's cancer.) We had a three-month-old baby when the cancer was found.

He had surgery to remove the testicle. Then several months later it was determined he needed to start chemotherapy. He went through chemo, and then they found a tumor in his abdomen (was found benign). He had surgery to remove the tumor and lymph nodes, and to do clean-up surgery on the testicle that was removed earlier. The last surgery left him with nerve damage that causes retrograde ejaculation. Our daughter will soon be six years old, and we very much wanted more children.

I have tried to search for answers and have tried to get answers from doctors, and they don't seem to know of any answers other than trying A.I.D.

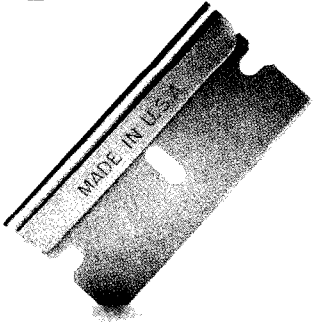
Please do not use our names in the *Post*. But I am looking forward to any answers you might have.

Name withheld by request

Retrograde ejaculation simply means that a man's sperm is being deposited into his bladder rather than being transported through his urethra. An infertility specialist can help with this situation.

According to Carolyn Coulman, an Indianapolis infertility

Every day, thousands of women perform surgery on their feet.



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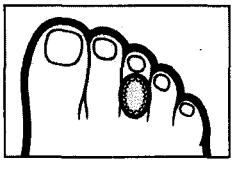

Dr. Scholl's.

Foot health is important. See your podiatrist for professional advice.

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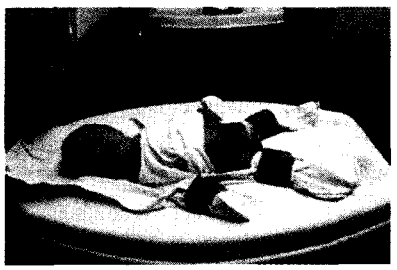
specialist, sperm can be collected from a man's urine after he has a retrograde ejaculation. After the sperm are checked to ensure that they are functioning properly, they can be delivered via artificial insemination, enabling his wife to become pregnant.

Since fertility drugs are not necessary in this case, there isn't an increased chance of multiple births. Chemotherapy may affect developing sperm, which take about 90 days to mature, so patients are advised to wait for about four months after chemotherapy has been discontinued to attempt conception.

Wanted: Circumcision Information

Dear Dr. SerVaas:

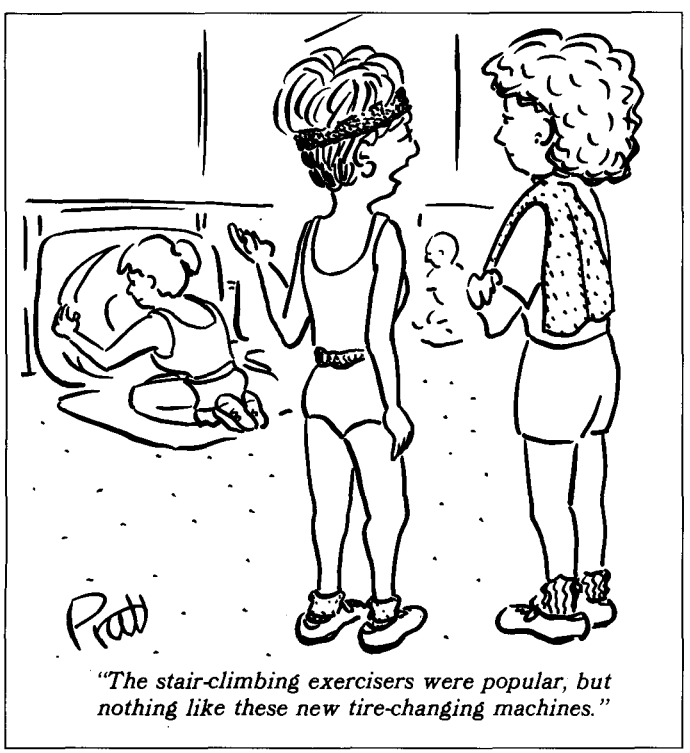
Our son was born in April of this year. Before he was born, we decided against having him circumcised as all we had read and been taught said there was no medical reason to have the procedure done.



When he was six weeks old, he was diagnosed as having a urinary tract infection. They ran tests to make sure that his kidneys, etc., were functioning right, and all the tests were negative. Our doctor said that since the tests showed nothing wrong, we needed to have him circumcised as this might be the cause of the problem. He said that in recent years studies have shown that some males who are not circumcised are prone to this type of infection. We trust our doctor's diagnosis but don't want to put our son through this procedure if at all possible.

I read the interview you had with the secretary of health in the September edition for this year and noticed your referral to circumcision. It would be very much appreciated if you could supply us with any information you may have on this subject.

Michelle Wright
Watertown, Tennessee



"The stair-climbing exercisers were popular, but nothing like these new tire-changing machines."

Since you are undecided, you might ask your doctor if he could refer you to a pediatric urologist for a second opinion before submitting your baby to surgery.

Our observation is that infections such as you describe are far more rare than appendicitis—yet it isn't common practice to remove the appendix prophylactically.

We have seven male grandchildren, none of whom has been circumcised, and in each case the decision not to circumcise was made by the parents after carefully weighing the options.

We are sending you a copy of "The Case Against Newborn Circumcision" (December 1981 *Post*), to help you make up your mind.

Fiery Tongue? Find the Cause

Dear Dr. SerVaas:

I am 75 years old. I was reading in the October issue about "fiery tongue." For the last three months, my tongue has felt like it's on fire. I have a small blister on the tip. I am using fluocinonide solution as a mouthwash, but it isn't helping. I also use Zero-Lube at night for dry mouth.

Is this an "old age" condition that one lives with?

Helen Wolber
Brookville, Indiana

The fiery tongue shouldn't be passed off as simply an "old age" condition that one must live with. You deserve to have a good thorough examination by a hematologist or a neurologist.

The cause for a fiery tongue could be as simple as a lack of vitamin B_{12}. A blood disorder known as pernicious anemia is caused by a lack of vitamin B_{12}. Supplementation with this vitamin can reverse all but the most severe problems of pernicious anemia. As one ages, the body sometimes loses its ability to absorb nutrients from food.

Should your fiery tongue be caused by a lack of B_{12}, your physician might want to give you injections of the vitamin. We know one researcher, however, who believes that sufficient B_{12} can be administered by mouth to prevent pernicious anemia symptoms.

Please go for a checkup, and your physician will determine the cause of your burning tongue.

You might also see on page 104 of the October *Post* the letter from a reader whose tongue was helped by rinsing the mouth with Kaopectate and Benadryl as recommended by her dentist. ■

Laparoscopy for Gallstones

Dear Dr. SerVaas:

I read your article in *The Saturday Evening Post* regarding gallbladder surgery.

I am facing surgery, as I have been told I have gallstones. I asked the internist about this laparoscopy, but he wasn't too fond of the idea. However, he did say that Dr. Prager, who I had talked to, at the San Sum Clinic in Santa Barbara, California, did do this surgery. When I talked to Dr. Prager about my surgery, he didn't mention laparoscopy. I hadn't read about it at that

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time, so I did not ask him about it.

I would appreciate the names of doctors who might be skilled in this technique.

Mrs. Louis Cipriani
Arcadia, California

Dr. Edward Phillips has done a lot of pioneer work in removing gallbladders with laparoscopy. He can be reached at Cedars-Sinai Hospital in Los Angeles. Surgeons at the University of Maryland Medical Center in Baltimore also perform gallstone laparoscopy extensively. Dr. F. Richard Graffis at Methodist Hospital in Indianapolis has been using this procedure for some time. We are sending you a list of physicians in other localities who use laparoscopy for gallbladder removal.

Pill Problems

Dear Dr. SerVaas:

I have tried the Citracal as I have been taking calcium carbonate for some time. However, it does the same thing to me that aspirin and many of the prescribed pills do. I get lumps all through my arms.

They tell you the ingredients of the medicine, but they don't tell you what is used for fillers, etc., to make the pills.

I am allergic to most preservatives, etc. I can't have ascorbic acid-poly-sorbate-60 or 80; propylene glycol is a real killer. I have had 35 years of this, ever since my last child was born, and he also has a bad allergy. I don't know what they gave me at this childbirth, but that's when it all started.

I can't help but wonder how many people are suffering from just what they eat. I have to watch everything, but I do wish I could find out what's in the pills that is bothering me. I've not been able to find this out.

If you have any information that can help, I'd be happy to hear from you.

The latest thing I've found is this Annato they are putting in ice cream, etc. That is evidently a dye.

Violet J. Wiley
Mechanic Falls, Maine

According to George Alexandrides, VP of quality control at Mission Pharmacal, Citracal contains 95 mg of polyethylene glycol, which is added to facilitate the removal of the tablets from the tablet pressing machine. It acts as a lubricant and not as a preservative.

The primary reason that there is not a complete listing of filler ingredients is that the government does not require them. The FDA compiled a list of approved ingredients manufacturers can use in the manufacture of pills and tablets that are well-tolerated and do not need to be listed.

As formulated, Citracal does not need a preservative and uses only government-approved ingredients, according to the manufacturer.

Does Murphy Oil Soap Help?

Dear Dr. SerVaas:

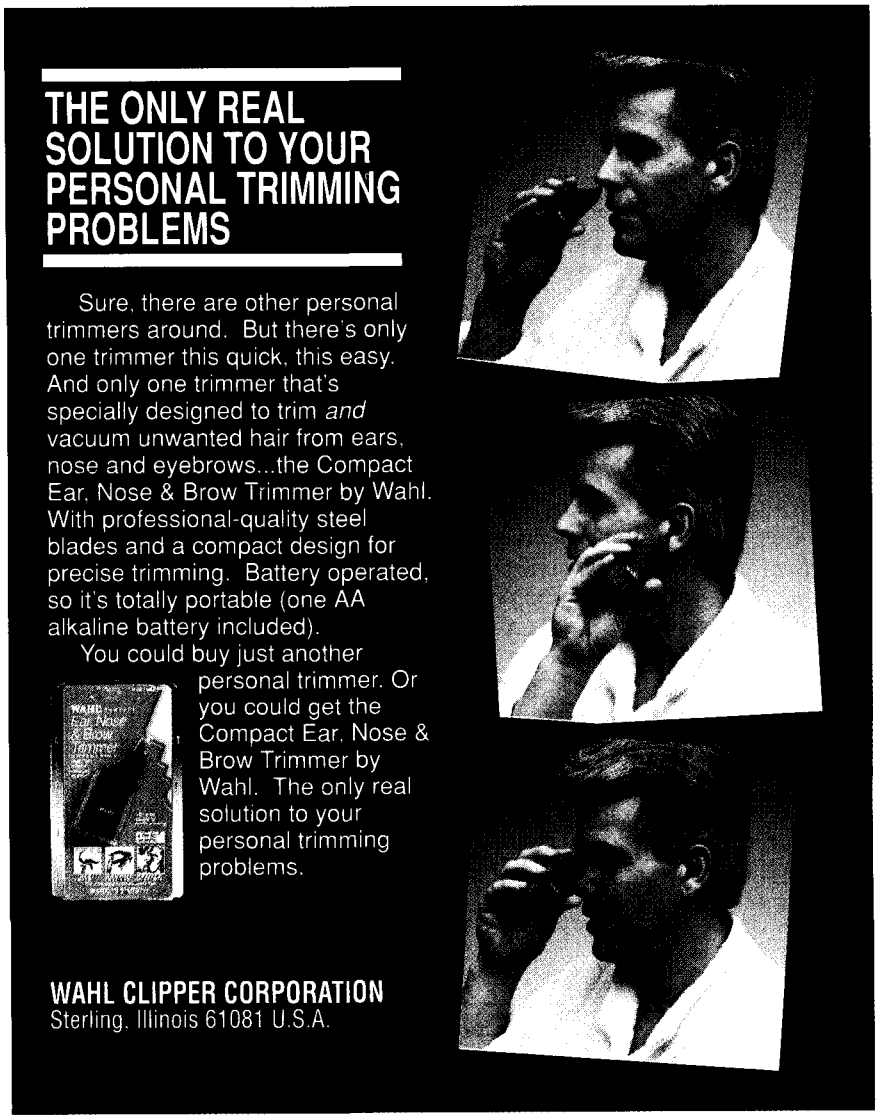
I read your reply to a letter from Martha Hall in the September issue. Her condition sounds just like mine. I must also have a lactose intolerance. I have leukemia so had blamed my condition on that.

Would it be possible for me to also have the list you are sending to her of foods to avoid.

My husband has tried everything on his feet to relieve itching and dry skin. He is going to use Murphy Oil Soap now.

Your September 1990 issue has been very helpful.

Helen M. Young
Wellesley, Massachusetts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More on Murphy Oil Soap

Dear Dr. SerVaas:

First read your article in the May/June issue and since then the letters in the September issue.

For 20-plus years I have had on my little finger this very annoying rash, pain, etc., and have gone to at least four different dermatologists. Doctors used every medication; I tried every salve presented to me, used boxes of band aids, lost many hours of sleep due to pain. So I had nothing to lose after reading of "Murphy Oil" treatment. It is practically healed and I have no pain to speak of (a miracle).

I would hope someone might analyze the ingredients in Murphy Oil Soap that heal and perfect this for the doctors and dermatologists and for future people who have the condition and need help.

Thanks to all of you. I'm grateful.

Maurine Nesbitt
Denver, Colorado

Thanks for your advice. At your suggestion, we're sending six bottles to dermatologists asking them if they'll try it on some of their intractable cases for which they have tried everything else. Meantime, we've given a bottle of it to a manufacturing chemist. We talked to the Murphy Oil Soap people, but they are only interested in making the product for furniture. Thanks for your ideas.

Avoid Complacency About Breast Cancer

Dear Dr. SerVaas:

I have been reading in the October issue about many women who had breast cancer after having a negative mammogram. I was unable to respond to your earlier request for experiences, but I want to reply at this time.

In August 1988, I had pains in my left breast, prompting me to see the doctor. He could find no lump but ordered a mammogram, which was negative. He said the pain might be arthritis in the rib cage. Three weeks later I returned as the pain was becoming much more intense. At this time, he did find a lump, which proved to be a malignant tumor of two centimeters in size. I had a modified radical mastectomy in September 1988. The lymph nodes in the vicinity were negative, but as a precaution I was given nolvadex, two pills a day. In July 1990, while on vacation in Canada, I began having pains, increasing in strength each day, which had all the symptoms of gallstones. When I returned, I went to the family doctor, who was of the same opinion. Several days of tests showed the breast cancer had metasticized to the lymph nodes in the area of the pancreas. I am currently undergoing chemotherapy, which seems to be effective as the pain is gone.

My reason for writing this letter is to warn women that breast cancer does not necessarily follow established guidelines. I do not fit any of the high-risk factors causing breast cancer, my tumor was small with no negative lymph nodes, and I took two years of nolvadex, which should have destroyed any cancer cells remaining in my body. It didn't. I have never been fat, have been on a low-cholesterol diet about 12 years, have not taken Premarin for at least 12 years. No history of cancer in my immediate family. So if a person is not high risk, she should still not be complacent if any of the symptoms occur. If my tumor had been painless, as most of them are, I would not have received treatment until much later, and the cancer by this time would probably have been untreatable.

Norma Wallace
Leander, Texas

"I'll just say this about your cholesterol count—if you set your oven on that number, you could cook a turkey."

Regaining Her Former Figure

Dear Dr. SerVaas:

I am writing concerning my breasts. This may sound like a strange question, but I truly need your help. I have three children and am 25 years old. Before my children I was big busted. After each child my bust reduced every time. I wore a bra through my pregnancy, but now I barely have any chest. Plus my husband has said I am very flabby. I know this may sound very strange, but I do not feel good about myself at all. Knowing that my husband wants the old body back, I have tried exercises, but nothing works. And I can't afford surgery. Is this normal and is there any hormone to help me out? Please help me. I feel very upset about this.

P.S. I see all these women on television and wonder how can they be this big.

Julie Schultz
Chicago, Illinois

Perhaps you could inquire at a teaching hospital to see if faculty and students who teach breast augmentation and reconstruction would be able to do this surgery for an amount you could afford.

If this is important to your husband, since he will be a beneficiary, perhaps he would want to invest in your beauty.

Another pregnancy would also be a temporary answer.

Nursing babies evidently conveys some protection against breast cancer, as does having babies. Count your blessings and wear a D-cup padded bra.

Remember, breast augmentation might make it more difficult to detect a breast cancer in the future, and all of us are at high risk for breast cancer.

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Pied Piper

continued from page 60

rope jumpers from Richmond, Indiana, 70 miles to the east, wanted to bus in 12 of their jumpers to jump for Arnold. Dr. Matt Guidry, the director of community and special projects for PCPFS, sent 3,000 boxes of Tang; Quaker Oats sent Gatorade; Kellogg's sent goodie bags and 3,000 Tony the Tiger baseballs; and the Lilly Endowment offered to bus public-school children to the event.

Sensing the magnitude of the affair, the Children's Better Health Institute engaged our sister organization, the National Institute of Fitness and Sport (NIFS), with their excellent youth staff, directed by Dr. Tom Crawford, to organize the workout stations with school principals. The NIFS teaches fitness for all children, not just those in sports.

Coaches came for the children who *are* turned on by competitive sports. We worked feverishly to complete a 200-meter track for relays and races. For each event, there were volunteers to help, like Chuck DeWild, a coach from Rockford, Illinois, who came to teach the handicapped. Special Olympians were included.

Mike Willett came from the Indiana University campus in Bloomington to plan for giving the President's Challenge tests to all children who were prepared. Handicapped children can win a similar award called the National Challenge Award. Any child can earn the awards, but they aren't easy. If you don't believe it, try to do the exercises as outlined on page 62.

When the big day came, it was small wonder that the local press referred to the ensuing events as "Arnie-mania!" And if you have never basked in the aura of Arnold Schwarzenegger, let me tell you what it means. Arnie-mania means that a lot of otherwise very responsible and predictable people suddenly drop everything and behave in a most unpredictable manner—all to meet this gentle giant of muscledom.

To give you an example, a very successful lady executive on the ad sales staff of *The Saturday Evening Post* never lets a social engagement deter her from her work. "Just say no" is her motto when she is invited to frivolous luncheons or nonproductive company events. *Post* staffers joke that if the Queen of England were to visit the *Post* offices, this executive wouldn't get off the phone long enough to curtsy.

Imagine, then, my surprise when we entered the house with Arnold for the summit luncheon to find this all-work-and-no-nonsense executive carefully coiffed and made-up, waiting in the hall to catch a glimpse of the celebrated minister of muscles.

Arnie-mania meant that the luncheon planned as a summit meeting for educators became a summit meeting for the caterers to watch Arnold. Only a floral centerpiece and empty casserole trays were found on the buffet table when lunch was called, while a hungry Arnold had been lured into the kitchen to eat a banana with the catering staff.

Arnie-mania meant finding that the valet wasn't parking VIP cars; rather, he was standing big as life in a circle

Small Golf Company's New Air-Pressure Belt Putting Back Sufferers Back On The Course

Relieves Pain Without Restricting Movement

Fits Over or Under Clothing

By John Kirby

MERIDEN, CT—Bill Jordan's routine blood pressure test may prove to be the greatest breakthrough in several generations for thousands of golfers. While the doctor pumped up the cloth wrapped around his arm, he thought, "What if that kind of snugness were applied to the lower back? It would tighten the muscles around the spine and keep it in proper alignment. That might eliminate pain without restricting movement."

A bone specialist agreed, and Bill developed a prototype, and asked some golfing friends to try it. One friend had back pain so bad he often wore a stiff corset. With the belt, he was able to swing freely. Another friend who could hardly stoop to lift the ball out of the cup, also resumed his game and was able to start a vigorous walking exercise program. A third friend, who had despaired trying to find relief, was free of his lower backache in just ten minutes!

The belt is about the size of the cummerbund men wear around their waist with a tuxedo, except the wide part of the cummerbund is across the lower back, instead of the stomach. The belt locks tightly around the waist with a strong, adjustable Velcro® fastener. Inside the back of the belt are two small air sacks orthopedically designed to firm lower back muscles. The wearer pumps air into the sacks, using the same kind of bulb-like pump doctors use to test blood pressure, until he or she feels the ache disappearing. The pump is removed, and the wearer is free to walk briskly, swing a club, hunch over to putt, and in some cases, even play a more vigorous sport like tennis, or ski. The belt has a machine-washable terry-cloth liner for maximum comfort when worn under clothing. It weighs only a few ounces and folds small enough to fit in a brief case or large purse. I asked Bill where he goes from here.

"Well, we are just getting started and can't afford much advertising, so most of our orders are word of mouth. But it works and it's going to be big. You can feel it. I remember my friend's face when we played a round together. He was really enjoying himself. No one knew he had a belt on and he was free from pain. And the guy who felt his backache disappear in ten minutes, well, he wanted extras for his office, car, briefcase..."

To show people how well his new *Air-Thopedic*™ belt works, Bill's company guarantees to refund its price if a buyer doesn't get relief in just 10 minutes, and returns it within 30 days of receipt. The belt isn't in stores, so if you want one, send your name, address and a check (or credit card number and expiration date) to Air-Thopedic Belt (Dept. B-73), 500 South Broad Street, Meriden, CT 06450. Or call 8-8 P.M., M-F, 203-238-2712. The belt costs only $24.95 (plus $1.95 shipping and handling), two or more cost only $20.00 each and shipping is free. You save about $14.00 buying two. CT and NY must add sales tax. Please include your waist size when ordering. © Bost Enterprises, Inc. 1990

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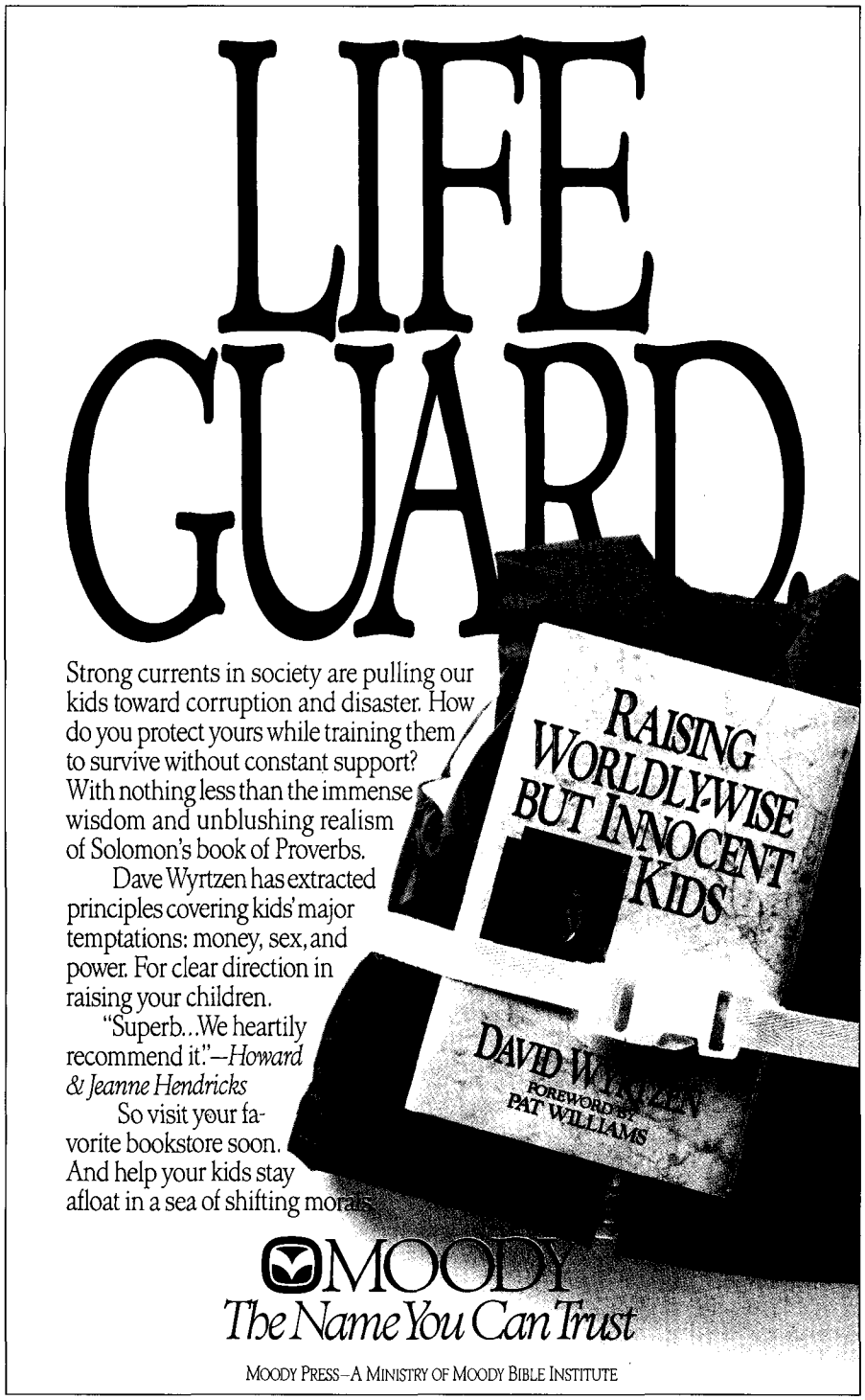
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of reporters covering Arnold's press conference. We could spot him because, dressed in a white shirt and black bow tie, he looked inappropriate in the crowd of reporters. And the empty seat at the luncheon—that was because a state senator who belonged there couldn't get past the parking attendant/security at the VIP entrance.

The mania follows Arnold. . . .

After lunch, as we drove to meet Indiana's Gov. Evan Bayh at Crooked Creek School, we came upon a police barricade. A uniformed officer was lying stretched across the road. An excited Fitness Fair guest had driven her car into the motorcycle patrolman, throwing him to the ground at the entrance of the Mennonite Church, where shuttles were stationed to bring guests to the Fitness Farm. Not knowing of any other physician at the scene, I hurried to check the felled officer's vital signs to make sure he wasn't going to go into shock before the ambulance arrived. Our stay with the injured officer caused Governor Bayh and his wife, Susan, to wait at Crooked Creek Elementary School, and caused the principal, Norman Foust, who runs a very tight ship, to remark that the governor "spent a lot more time visiting the school than did Arnold."

"I was hoping I'd be able to meet Arnold," the injured officer told us later, "but not under those circumstances. I looked up and there was Arnold looking down at me," he said. Whether or not it was Arnie-mania that caused the accident, Arnold followed up quietly to ease the officer's pain. He sent flowers to corporal Ron Knight that very afternoon.

The Council staff had booked Arnold into an impossibly full schedule earlier that morning in Kentucky before the Indianapolis events. He had already seen one governor and had visited a school while most Hoosiers were still getting up. We promised to have him out of the Fitness Fair in time for his mandatory one-hour workout before an evening reception and a dinner-dance pep-talk.

But just as he was ready to leave the farm and had gathered his staff in our living room, who should enter, having talked his way through the barricade and into the house, than an otherwise timid editor with two boys who had been scuffed up trying to catch up with Arnold on the track. The editor said surely it would be consoling for them to be shown compassion by Arnold.

Sheepishly, the lads asked Arnold about his movies and wanted to tell him about those they had liked most. Obviously, the boys were pleased to have a private audience with Arnold. If Swarzenegger's celebrity status had caused them to be bruised in the crowd, he wasn't about to disappoint them now.

Usually following a Fitness Fair, there are enough programs and copies of *Jack and Jill* magazines strewn around the farm to fill all the trash barrels. But following the "Pump Up with Arnold" Fitness Fair, not one program remained on the farm. No copies for archives, not a single copy to "send home to mom," as one of the men in the clean-up crew complained.

We had printed 4,000 programs for the children who would be attending the Fitness Fair. One volunteer told of taking a program home to her first-grade grandson, Aaron. Delighted, the boy took it to school the following day. However, Aaron came home

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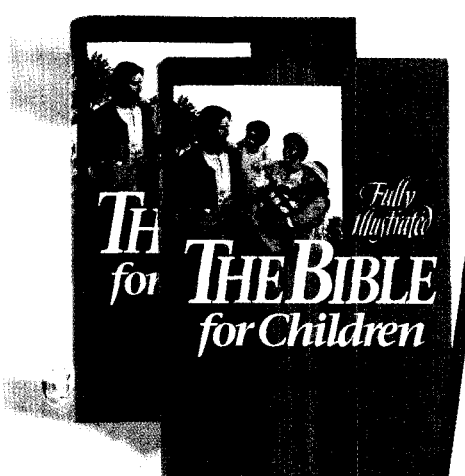

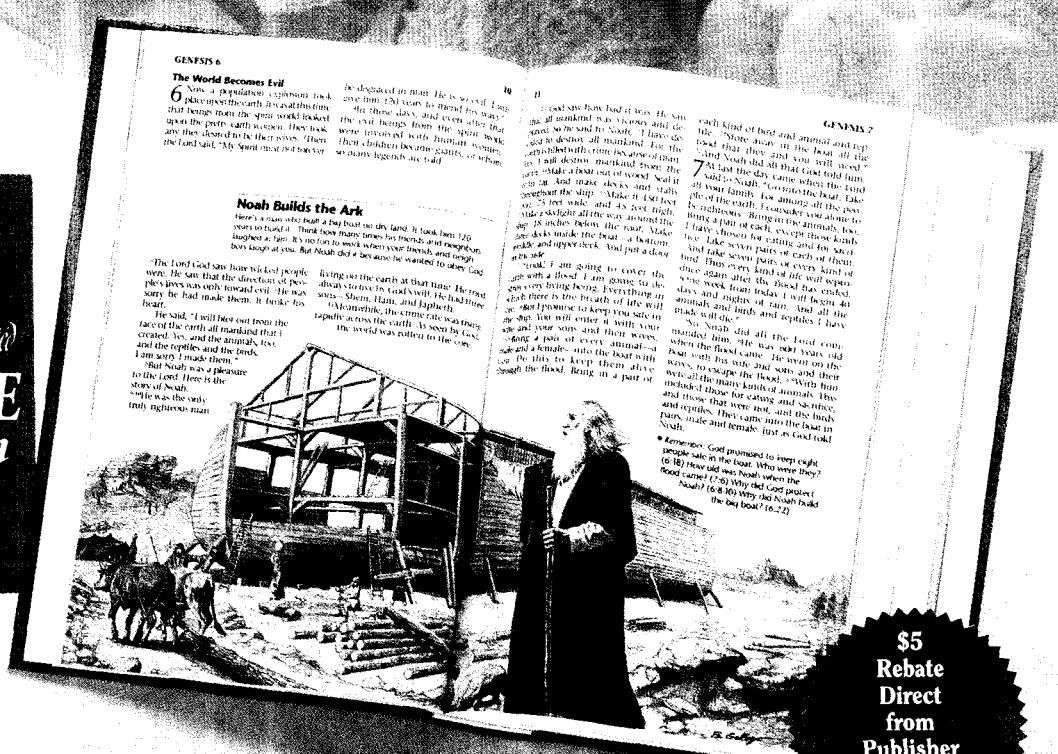

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downcast. "When I told the kids that Arnold Schwarzenegger gave it to you, they didn't believe me," he told his grandmother.

The little girl with perhaps the most to tell her friends the next day was Lola Briley, the fifth-grade student from Crooked Creek Elementary School who shot right past three other fast competitors to win the "grand prix" of the day—a 200-meter race.

When she came up to the platform to receive her award, Arnold did the honors and picked her up so everyone could see. And this is how she came to be on our cover. Then she and Arnold led 3,000 children in a fitness run around the track, making it possible for 3,000 kids to boast that they did the 200 meter with Arnold.

What did Lola's parents think of all this? When Lola got home, she told us, her mother was waving green-and-white pompons and shouting, "Go! Go!"

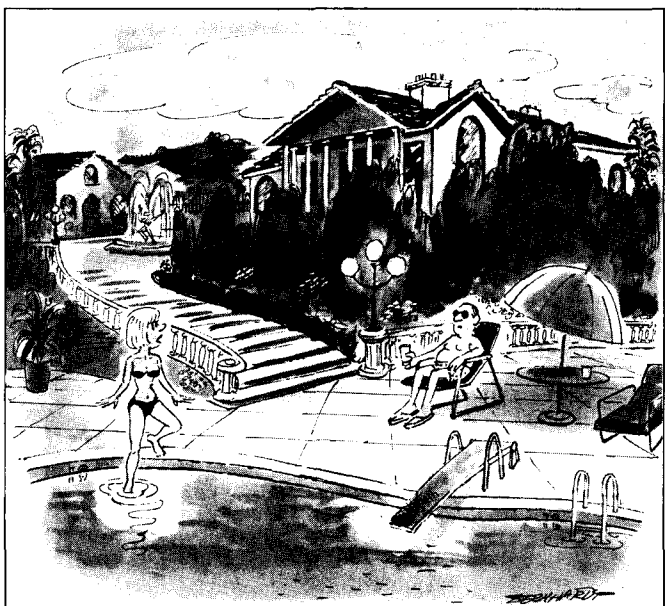
The 200-meter race was run by the four fastest recipients of the President's Challenge Award. Two of the students were from Crooked Creek Elementary School and two were from Spring Mill Elementary School. When Lola came up to the platform to be congratulated by Arnold, she was told she had won a computer, donated by Service Merchandise, for her school.

Lola told us she jogs every day with her mother and plays basketball with her dad, and she would like to be an athlete or a veterinarian when she grows up. Might she be a future Olympian? Lola's principal, Norm Foust, says Lola is also a top student.

Arnold remained good-natured in the face of an exhausting schedule. After the fair, he stopped to greet a crowd of revelers who had celebrated for two hours at the NIFS' new downtown gym facility and then went on to the dinner dance given in honor of the PCPFS.

Arnold watched with amusement as two professors from the Indiana University School of Medicine performed a "quick step" to demonstrate that aerobic ballroom dancing can achieve one's target heart rate (THR). Dr. Marion DeMyer, a child psychiatrist who has been published widely in professional journals, was delighted at the opportunity to talk about the benefits of ballroom dancing, not only for senior citizens, but also for "pimply teenagers who aren't athletic enough to participate in team basketball, football, or other recognized school sports. Why not dancing classes to help their self-confidence?" she asks.

Her husband, Dr. William DeMyer, is a popular neurology professor by day. For togetherness and exercise, they compete in senior ballroom dance competitions worldwide. "*Senior* competition starts at age 50," she told us.



"Really, Arthur, do you have to skimp on heating the pool?"

Kemmons Wilson, the founder and former chief executive officer of Holiday Inns, is known in Memphis for turning dances into mixers. An avid dancer and tennis competitor, at 75, he and his wife, Dorothy, will help launch the PCPFS senior citizens' big band events for fitness.

Arnold's thrust in fitness will be for children and senior citizens. He feels that young adults have gotten the fitness message and are not as much in need of help. Your *Post* editor, as a ranking (by age) senior member of the Council, was asked by our chairman to take charge of PCPFS fitness programs for the growing 50-plus crowd. Seniors wishing to volunteer for organizing fitness events can write to "Fitness" at the *Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

Anyone wishing to receive a free "Get Fit" booklet to help children age 6 to 17 prepare for the President's Challenge test should write to the President's Council on Physical Fitness and Sports, 450 Fifth Street, N.W., Suite 7103, Washington, DC 20001.

Turkey

continued from page 20

Rinse turkey and drain well. Stuff neck and body cavities lightly with stuffing. Turn wings back to hold neck skin in place. Place turkey, breast side up, on flat rack in open pan, about 2" deep.

Insert meat thermometer deep into thickest part of thigh next to body, not touching bone. Brush skin with oil. Place turkey in oven and roast about 4-4 1/2 hours. When skin is golden brown, shield breast loosely with foil to prevent overbrowning. Check for doneness; thigh temperature should be 180°-185° F. Let turkey stand 15-20 minutes before carving.

Especially Festive Rice Dressing

(Makes 6 servings)

1/4 cup uncooked wild rice, rinsed and drained
2 1/4 cups boiling chicken broth, divided
1 cup sliced mushrooms
1/2 cup each *chopped onions and celery*
1 tablespoon unsalted poly-unsaturated margarine
3/4 cup uncooked rice
1 small tart red apple, cored and chopped
2 tablespoons slivered almonds, toasted, if desired

Place wild rice in deep 2-quart baking dish coated with vegetable cooking spray. Add 1 cup broth. Cover and bake at 350° F. 45 minutes. Cook mushrooms, onions, and celery in margarine in large skillet until tender crisp. Add to baking dish. Stir in rice and remaining 1 1/4 cups broth. Cover; bake at 350° F. 25 minutes, or until rices are tender and liquid is absorbed. Stir in apple; cover and let stand 2 minutes.

Garnish with almonds, if desired. Serve with roast turkey.

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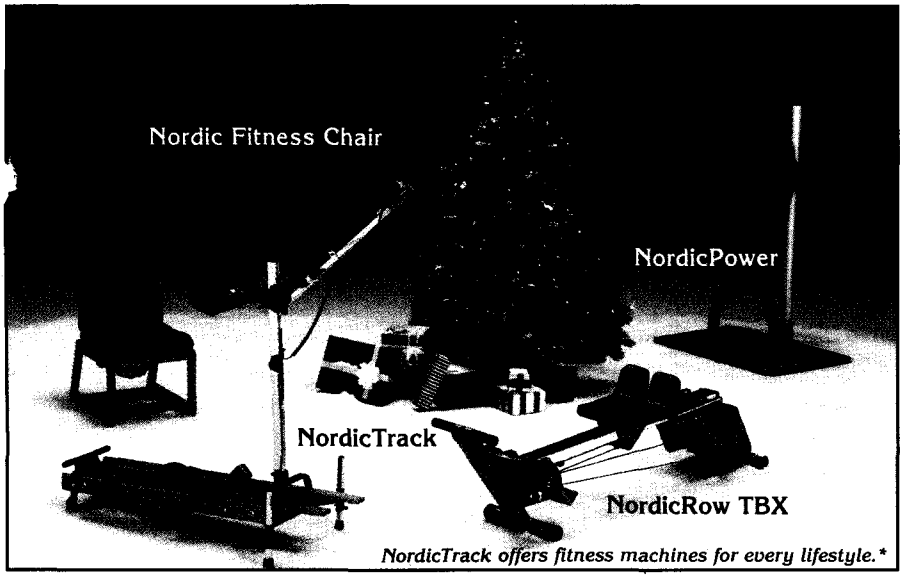

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Old-Fashioned Bread Stuffing
(Makes 8 cups)

1 1/2 cups chopped onion
1 1/2 cups chopped celery
1/2 cup margarine
1 teaspoon poultry seasoning
1 teaspoon rubbed sage
1 teaspoon salt
Dash ground black pepper
1/2 cup water or chicken broth
8 cups dried whole-wheat bread cubes (10-12 bread slices, cubed and dried overnight)

Cook and stir onion and celery in margarine in medium skillet over medium heat until tender. Stir in seasonings. Add onion mixture and water to bread cubes in large bowl. Toss to mix. Stuff neck and body cavities of turkey. Roast immediately.

Guilt-Free Turkey Gravy
(Makes 4 cups)

4 tablespoons cornstarch
4 tablespoons water
4 cups turkey broth and defatted pan juices (see directions for turkey broth below)
Salt and pepper

In small bowl combine cornstarch and water. In large saucepan, over medium heat, bring turkey broth and pan juices to boil. Stir in cornstarch mixture and continue beating until gravy is thickened. Season to taste with salt and pepper.

To make turkey broth: In large pan, over high heat, bring 4 cups water, turkey giblets, 1 sliced celery stalk, 1 sliced carrot, 1 sliced onion, 1 bay leaf, 3 parsley sprigs, and 4 peppercorns to boil. Reduce heat to low and simmer about 1 hour. Strain broth and use to make gravy.

Fiber-Full Stuffing
(Makes 6 servings)

10 slices whole-wheat or whole-grain bread
1/2 cup turkey broth, skimmed
1 cup chopped celery
1 cup peeled and chopped onion
1/4 cup chopped fresh parsley
1 teaspoon poultry seasoning
Salt and pepper

Dry bread slices overnight. Dice bread into cubes. Toss lightly with remaining ingredients. Spoon mixture into casserole. Cover and bake 45 minutes at 350° F. or 1 hour at 325° F.

"Lite" Apricot Stuffing
(Makes 8 servings)

1 cup sliced celery
3/4 cup chopped onion
1 1/2 cups turkey broth or reduced-sodium chicken bouillon
16 slices reduced-calorie bread, cubed and dried
2 tablespoons dried parsley
1 1/2 teaspoons poultry seasoning
1/2 teaspoon salt
2 egg whites
1/4 cup chopped dried apricots

In small saucepan, over medium-high heat, combine celery, onions, and turkey broth; bring to boil. Reduce heat to low; cover and simmer 5 minutes or until vegetables are tender.

In large bowl combine celery-onion mixture, bread cubes, parsley, poultry seasoning, salt, egg whites, and apricots. Spoon into lightly greased 2-quart casserole; cover. Bake in oven last 1/2 hour of turkey roasting time.

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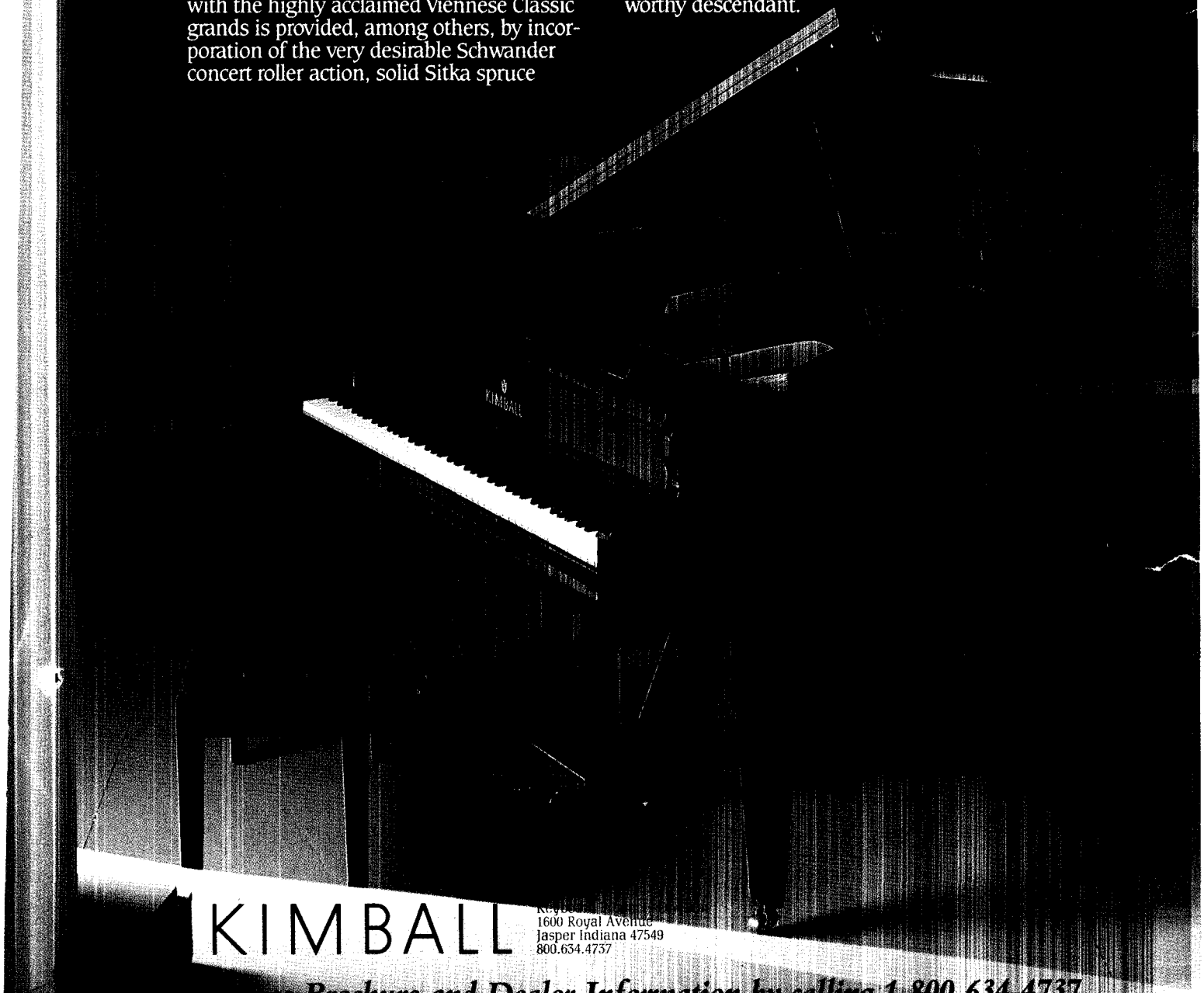

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